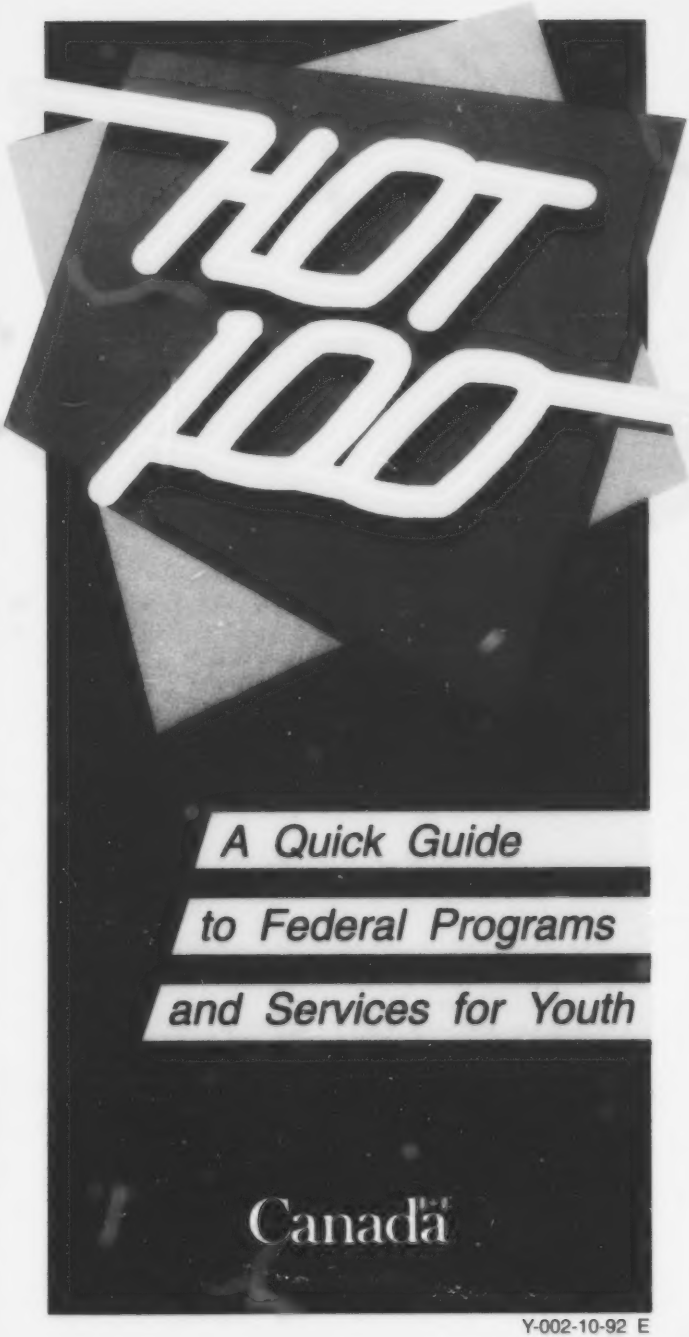
HOT
100
A Quick Guide
to Federal Programs
and Services for Youth
Canada

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A Quick Guide to Federal Programs and Services for Youth

Aussi disponible en français

Government of Canada
Minister of State for Youth

Gouvernement du Canada
Ministre d'État à la Jeunesse

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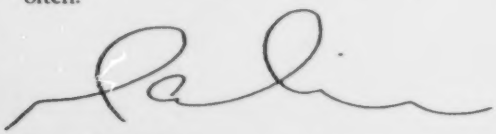
Deciding on a field of study and a career are undoubtedly among the most important decisions you will ever have to make. The *Hot 100* handbook can help you with these decisions about your future. It describes more than 100 federal programs and services available to young people — for jobs and training, learning opportunities, travel and lifestyle improvement.

By the year 2000, more than two-thirds of new jobs will need at least a high school diploma. Will you be ready? Will you have the education and the skills to compete for a job in the Canadian labour market? Do you want to take advantage of the opportunities presented by an expanding global economy? It is becoming increasingly important to get the right kind of education and training if you are to meet these challenges. That's why in 1990, the federal government launched the National Stay-In-School Initiative to encourage young people to continue their education and equip themselves with the right tools for a successful future.

This is the sixth edition of the *Hot 100*. Each listing is updated annually and includes an address and telephone number for further information. Since the publication's launch, nearly 745,000 copies have been distributed directly to young people, schools, youth groups, and other interested organizations.

The *Hot 100* is designed to help you find and make use of the many programs and services that the federal government offers the young people of Canada. I hope you will keep it handy and refer to it often.



Pierre H. Cadieux
Minister of State for Youth

Section 1

INTRODUCTION

SECTION 1: INTRODUCTION

You might be surprised at the number of programs, services and resources supported by the federal government that you can really use ... to find a job, get a scholarship, or deal with personal problems.

There's Something in It for You

If you'd like to know more about what the federal government is doing for you, this handbook will tell you about some interesting programs, services and resources that you might need.

You should use this handbook if you're looking for help with any of the following:

- finding, keeping or changing your job
- getting into or through school
- travelling in and outside of Canada
- finding out more about health and fitness
- coping with personal problems.

Where Do I Start?

You don't have to read the whole handbook. The *Hot-100* is set up to be used as a quick guide. If you're in a real hurry, take a look at the Table of Contents near the front of the handbook or the more detailed Subject Index at the end of this publication. Both of these will help you to quickly find the type of program or service you want. If you've got a bit more time, you might want to browse through the whole handbook. There's a good chance you'll come across something useful that you weren't really looking for.

No matter how you use the *Hot-100*, it'll be easier if you have an idea of how it's organized.

SECTION 2: JOBS AND TRAINING

This section gives you basic information about federally supported programs and services relating to jobs and training. They're grouped under two headings:

- **Programs with You in Mind**

You can apply for these programs directly, whether by writing or by contacting the organization and talking to someone about them. Along with a brief description of what each program can do for you, we've given you instructions on how to apply.

- **Helping You Succeed**

Although you can't apply for these programs and services directly, you'll see who can. In many cases, a group or organization must apply on your behalf.

SECTION 3: LEARNING OPPORTUNITIES

This section tells you about a range of programs and services related to education. Scholarships and bursaries, co-operative education programs and student loans — these are only some of the learning opportunities you'll find out about. The programs are divided into two groups:

- **Programs with You in Mind**
- **Helping You Succeed**

Look under Section 2 for an explanation of these headings.

SECTION 4: TRAVEL AND CULTURE

If seeing what's over the next horizon is your thing, take a look through this section of the guide. It describes exchange programs in Canada and abroad, and much more. You can apply directly for all of the programs listed here.

SECTION 5: HEALTH, FITNESS AND SUPPORT SERVICES

This section tells you about a variety of programs and services you'll want to know more about. They have been grouped under two headings:

- **Programs with You in Mind**
- **Helping You Succeed**

Look under Section 2 for an explanation of these headings.

SECTION 6: RESOURCES

There are many books, pamphlets, videos and other materials that will interest you. You might want to take a closer look at the ones in Section 6.

SECTION 7: IMPORTANT ADDRESSES

Want to get in touch? Check out Section 7 for the addresses of various government offices that you've read about in Sections 2 to 5.

SECTION 8: INDEX BY ORGANIZATION

This section gives you a quick breakdown of programs and services arranged according to organization.

SECTION 9: SUBJECT INDEX

This index will help you locate page numbers of specific programs in Sections 2 to 5, or find out the names of programs designed for specific groups of youth, such as those who are unemployed, students, Natives, or those looking for help in setting up a business. For example, if you would like to know what programs or services are available for Native youth, turn to Section 9 for a list of topics in alphabetical order. Find the "N" section, then go to the subject, "Native people", where you will find a list of the programs and services available. So take a closer look at the *Hot-100*. You'll find that the federal government is doing a lot for you!

Section 2

JOBS AND TRAINING

SECTION 2: JOBS AND TRAINING

This section gives you some basic information about programs and services relating to jobs and training. Each program description tells you enough to get started – who it's for, what it's about, and how to find out more.

As you look through these programs, you'll see they are divided into two groups:

- **Programs with You in Mind**
  You can apply for these directly.

- **Helping You Succeed**
  Although you can't apply for these programs yourself, you'll see who can.

The programs are there for you. Use them.

Programs with You in Mind

1

ACCELERATED ECONOMIST TRAINING PROGRAM *(AETP)*

CHECK IT OUT

If you have a master's degree in economics or public administration from a recognized university.

WHAT IT DOES

It is a two-year apprenticeship (four six-month assignments) with on-the-job training in three central economic agencies in the National Capital Region: the Treasury Board Secretariat, the Department of Finance and either the Privy Council Office or the Federal-Provincial Relations Office. Participants will also undertake a regional assignment with one of the following: Atlantic Canada Opportunities Agency, the Department of Western Economic Diversification, or one of the regional development agencies in Ontario and Quebec. They will acquire invaluable first-hand knowledge of Canadian economic policy and a solid understanding of Cabinet and Government decision-making.

APPLY

From September to mid-October each year.

TAKE THE FIRST STEP

Complete the Government of Canada Application for Employment form; attach your curriculum vitae and a record of your marks to date; provide a 500 word text outlining your interest in a career with the Government of Canada, and describing your extra-curricular activities, especially those which emphasise your leadership potential.

Application forms and information kits can be obtained from university Campus Career Centres and from Public Service Commission offices across Canada. For more information, contact:

Donna Shaw
Program Officer
Public Service Commission of Canada
300 Laurier Avenue West
West Tower,
20th Floor
Ottawa, Ontario
K1A 0M7
(613) 992-0056
Fax (613) 996-5204

2

CHALLENGE

The Government of Canada's Summer Employment Program for Students

CHECK IT OUT

If you are a student who intends to return to school full time in the fall.

WHAT IT DOES

It provides opportunities for summer jobs that develop work skills and provide either practical or study-related experience. The program encourages employers to create or provide jobs for students, gives loans to students to create their own summer jobs, and offers guidance on future prospects to disadvantaged students and those thinking about dropping out of high school. Specific options include:

Summer Employment/
Experience Development
(see program no. 30),

Student Business Loans
(see program no. 3).

APPLICATIONS

By students and businesses are accepted.

TAKE THE FIRST STEP

Challenge is one of Employment and Immigration Canada's Youth Initiatives. Information and publications are available at your local Canada Employment Centre.

3 CHALLENGE

Student Business Loans

CHECK IT OUT

If you are a student, living in Newfoundland, Quebec, Manitoba, Saskatchewan, Alberta, Yukon or the Northwest Territories, who intends to return to school full time in the fall.

WHAT IT DOES

It provides financial assistance to young people with business ideas and entrepreneurial drive to develop their own summer jobs, as well as seminars and workshops on "How to Start a Business" and "Marketing." Students can obtain loans of up to $3,000 to manage their own small businesses during the summer.

APPLICATIONS

Must be accompanied by a business plan. These are usually reviewed between April and June of each year.

TAKE THE FIRST STEP

For more information about the program and application deadlines, contact a Canada Employment Centre or Canada Employment Centre for Students, or the nearest branch of the Federal Business Development Bank, the Royal Bank of Canada, or the National Bank of Canada. You may also call toll-free: 1-800-361-2126.

4 CANADA EMPLOYMENT CENTRES *(CECs)*

CHECK IT OUT If you're looking for a job or information about training and employment programs and services.

WHAT IT DOES It lists job opportunities, provides occupational counselling and labour market information related to employment, and offers a computerized career and education information system to help you with your career decisions.

TAKE THE FIRST STEP For more information and publications, contact your local Canada Employment Centre.

5 CANADA EMPLOYMENT CENTRES FOR STUDENTS *(CECs-S)*

CHECK IT OUT If you are a high school, college or university student.

WHAT IT DOES Open during the summer months, these offices help students find jobs and employers find workers. The staff offer students advice on how to search for a job, as well as information on various federally and provincially sponsored programs.

APPLY In spring and summer, the earlier the better!

TAKE THE FIRST STEP Apply in person, at any Canada Employment Centre for Students (see the blue pages of your local telephone directory). For more information, contact your local Canada Employment Centre.

6 CAREER-ORIENTED SUMMER EMPLOYMENT PROGRAM *(COSEP)*

CHECK IT OUT

If you are a full-time student at a university, community college, CEGEP or technical institute.

WHAT IT DOES

It gives career-related summer jobs (16 to 18 weeks) to students and offers them a chance to see if they'd like a career in the federal public service.

APPLY

Each year federal government departments employ students during the summer months. Recruitment for these positions may begin as early as January.

TAKE THE FIRST STEP

Application forms are available from university and college placement offices, and Canada Employment Centres. Also, jobs may be advertised through campus placement offices, CECs, CECs-S, newspapers and other means.

7 GEOLOGICAL SURVEY STUDENT ASSISTANT PROGRAM

CHECK IT OUT

If you are a full-time post-secondary Earth Sciences student planning to return to full-time studies in the fall. Preference is given to students specializing in geology, geophysics, geochemistry, and physical geography.

WHAT IT DOES

It provides employment at various office and field locations across Canada, for a maximum of six months. Salary is paid according to Career-Oriented Summer Employment Program (COSEP) rates of pay. (A medical examination is required, although the cost of this is normally covered by provincial health plans.)

APPLY

Before the end of January for early consideration.

TAKE THE FIRST STEP

Application forms are available from Canada Employment Centres. Applicants should indicate on the form that they are interested specifically in this program. Application forms should be returned to Canada Employment Centres. There is normally an interview. For more information contact:

Geological Survey of Canada
Energy, Mines and Resources Canada
580 Booth Street, 5th Floor
Ottawa, Ontario K1A 0E4
(613) 992-8218

8 AGRICULTURAL EMPLOYMENT SERVICES *(AES)*

CHECK IT OUT It is for everyone.

WHAT IT DOES It offers a chance to work in agriculture, mainly during the summer months, in the harvesting of fruit, vegetables and other crops.

TAKE THE FIRST STEP Job information is available from AES offices, located in most major agricultural areas, or from your nearest Canada Employment Centre (CEC). For more information, contact:

Agricultural Employment Consultant
Regional Office
Employment and Immigration Canada
(see Section 7 for addresses)

9 INTERPROVINCIAL AGRICULTURAL EXCHANGES

CHECK IT OUT If you are between 18 and 30 years old and have studied agriculture or have farm experience.

WHAT IT DOES It offers young people the opportunity to expand on their knowledge of agriculture by working with host farm families in different regions of Canada. Exchanges are for three to six months.

APPLY By March 30.

TAKE THE FIRST STEP Information and pamphlets on the exchanges are available from Agricultural Employment Services offices, located in most major agricultural areas. For more information, contact:

Agricultural Employment Consultant
Regional Office
Employment and Immigration Canada
(see Section 7 for addresses)

10 CANADIAN PARKS SERVICE VOLUNTEER PROGRAM

Environment Canada

CHECK IT OUT

It is for anyone interested in natural and cultural heritage.

WHAT IT DOES

It offers opportunities for people of all ages to contribute time, knowledge and experience to protect our natural and cultural heritage. Volunteers gain work experience and some training through work in a variety of areas, mainly resource conservation, communications, visitor services and park maintenance. You are responsible for your own travel, food and lodging expenses.

APPLY

Anytime (most volunteers work during summer months).

TAKE THE FIRST STEP

Phone, visit or write to the Co-operative Activities Co-ordinator at the Environment Canada – Canadian Parks Service regional office nearest you *(see Section 7 for addresses)*. You can also go to the national park, national historic site or historic canal where you wish to work to discuss your ideas and what you have to offer. A signed agreement will be developed to outline the terms of your project.

11 SUMMER EMPLOYMENT PROGRAM

National Research Council of Canada

CHECK IT OUT

The National Research Council offers summer employment opportunities for students in Science and Engineering. There are also a limited number of positions available to students in other disciplines.

WHAT IT DOES

Summer positions are offered at most NRC Branches and Institutes across Canada, providing students with practical career-related experience. Employment is for a maximum of four months and the salary is dependent on the number of years completed at academic institutions.

In order to be eligible, students must have a minimum "B" average and must be returning to full-time studies in the fall. Preference is given to senior level students with excellent academic standing.

APPLICATIONS

NRC's Summer Application form is available at all Canadian university and college placement offices. The deadline for applications is the third week of November for summer positions in the following year.

TAKE THE FIRST STEP

For more information, contact:

Recruitment Programs Co-ordinator
National Research Council of Canada
Ottawa, Ontario
K1A 0R6
(613) 993-9134

12 SUMMER EMPLOYMENT WITH THE ST. LAWRENCE SEAWAY AUTHORITY

CHECK IT OUT

It is for university and college students planning on returning to school in the fall.

WHAT IT DOES

It provides paid summer jobs and practical experience in your field of study in The St. Lawrence Seaway Authority offices in Cornwall and St. Catharines, Ontario as well as in Montreal, Quebec. Areas of work vary from year to year and may include engineering and computer programming.

APPLY

By March 4.

TAKE THE FIRST STEP

Send a résumé and a covering letter to your preferred work location:

Human Resources Section
The St. Lawrence Seaway Authority

202 Pitt Street
Cornwall, Ontario
K6J 3P7
(613) 932-5170

or 508 Glendale Avenue
P.O. Box 370
St. Catharines, Ontario
L2R 6V8
(416) 641-1932

or P.O. Box 97
St. Lambert, Quebec
J4P 3N7
(514) 672-4110

We wish to thank you for the interest shown in the Seaway. No letter of acknowledgement will follow. Only candidates selected for interviews will be contacted.

13 STUDENT SUMMER EMPLOYMENT PROGRAM

Department of National Defence

CHECK IT OUT If you are a high school, college or university student.

WHAT IT DOES It gives summer jobs to students in labour, clerical, and career-oriented areas with the civilian work force of the Department of National Defence (DND). The average salary is $6.95 per hour.

APPLY By mid-April.

TAKE THE FIRST STEP Students can apply through Canada Employment Centres for Students across Canada. For more information, contact your local Canada Employment Centre.

14 REGULAR AND RESERVE FORCES

Canadian Forces

CHECK IT OUT

If you are at least 17 years old (16 for certain entry plans), a Canadian citizen, and can meet Canadian Forces medical and selection standards.

WHAT IT DOES

It offers full careers in the Regular Force or part-time employment with the Reserve Force. Participants learn trade and professional skills while earning a salary. The Regular Force also offers different fully subsidized programs at selected Community Colleges for technicians and at Military Colleges for university studies. The programs are as follows:

1. Regular Officer Training Plan (ROTP);
2. Marine Engineering Technical Training Plan (METTP);
3. Naval Combat Systems Technical Training Plan (NCSTTP).

The Reserve Force offers the following two programs for Officers:

1. Reserve Entry Training Plan (RETP);
2. Reserve Entry Scheme Officer (RESO).

APPLY

Year-round.

TAKE THE FIRST STEP

Contact the nearest Canadian Forces Recruiting Centre, listed in the Yellow Pages under "Recruiting."

15 CIVILIAN TEMPORARY EMPLOYMENT PROGRAM *(CTEP)*

CHECK IT OUT It is for anyone eligible to work in Canada.

WHAT IT DOES It offers jobs for up to six months with the civilian work force of the Department of National Defence. Jobs are in areas of general labour, administration, minor maintenance and minor construction. The average salary is $23,000 per year.

APPLY Year-round.

TAKE THE FIRST STEP By contacting the Civilian Personnel Officer at the Canadian Forces base or station nearest you.

16 WORK EXPERIENCE PROGRAM *Royal Canadian Mounted Police (RCMP)*

CHECK IT OUT If you are 16 years of age or older, a prospective applicant to the RCMP, or someone in a position to promote goodwill and a better understanding of police functions by the public.

WHAT IT IS It is a program designed to help people learn first-hand about the role and activities of the RCMP. No wages are paid.

APPLY Anytime.

TAKE THE FIRST STEP For more information, contact the Officer in Charge at the RCMP detachment in your community. Look under, "Royal Canadian Mounted Police" in the white pages of your phone book.

17 ANNUAL POST-SECONDARY RECRUITMENT FOR THE FEDERAL PUBLIC SERVICE

CHECK IT OUT If you are graduating from university.

WHAT IT IS It is an annual competition which is used by various federal departments and agencies to fill job vacancies in a wide range of fields.

APPLY In September or during the first half of October (depending on your discipline).

TAKE THE FIRST STEP Application forms and information kits outlining those areas in which jobs will be available can be obtained from your campus career centre and from the Public Service Commission Post-Secondary Recruitment Co-ordinator in Public Service Commission offices across Canada *(see Section 7 of this booklet)*.

18 OFFICER TRAINEE PROGRAM

CHECK IT OUT If you have a degree in Engineering, Business or Public Administration, Commerce or Marketing, or a degree with specialization in clothing or textile (actual requirements may vary from year to year).

WHAT IT DOES It provides junior level jobs and two years of on-the-job training to become purchasing officers with Supply and Services Canada. Relocation costs are covered.

APPLY By October 16.

TAKE THE FIRST STEP Information and application forms are available through regional Public Service Commission offices *(see Section 7 of this booklet)*. Applications are screened by the Public Service Commission and Supply and Services to ensure that the qualifications of candidates meet the current requirements of the program. Interviews and testing are part of the selection process.

19 FBDB COUNSELLING ASSISTANCE TO SMALL ENTERPRISES *(CASE)*

CHECK IT OUT If you run a small business or if you're thinking about starting one.

WHAT IT DOES 1400 counsellors with business experience share advice on small and medium-sized businesses. Fees vary.

TAKE THE FIRST STEP Contact the CASE co-ordinator at your local Federal Business Development Bank (FBDB) branch *(see Section 7 for addresses)*.

20 BUSINESS MANAGEMENT COURSES *(FBDB)*

CHECK IT OUT It is for anyone who runs a small business or wishes to start one.

WHAT IT DOES It provides training on how to start and/or operate a small business through a number of 30-hour courses. The courses are developed by the Federal Business Development Bank (FBDB) and are offered through community colleges (CEGEPs in Quebec). Fees start at about $70 and cover course materials.

APPLY Deadlines are determined by the community college or CEGEP. Most courses start in September and January.

TAKE THE FIRST STEP Register at the continuing education department of your community college or CEGEP.

21 BUSINESS MANAGEMENT SEMINARS
(FBDB)

CHECK IT OUT It is for anyone who runs a small business or wants to start one.

WHAT IT DOES It offers a series of seminars which are three or six hours long and deal with the start-up and management of a small business. Seminars can be held in-house for organizations requesting it. Fees vary from $60 – $95, depending on seminar type and length. Group rates are also available.

APPLY Seminars are held in the fall, winter and spring.

TAKE THE FIRST STEP More information is available at your nearest Federal Business Development Bank (FBDB) branch *(see Section 7 for addresses)*.

22 SMALL BUSINESS LOANS ACT PROGRAM
(SBLA)

CHECK IT OUT If you run a small business or are interested in starting one.

WHAT IT DOES It helps new and existing small businesses to obtain term loans from chartered banks and other designated lenders to help finance fixed assets. These business improvement loans are made directly by approved lenders to small businesses, with the SBLA providing for loss-sharing arrangements between the lenders and the federal government.

TAKE THE FIRST STEP Applications can be made at any chartered bank, credit union, caisse populaire or other cooperative credit society, trust company, loan company and insurance company which has received designation as a bank for the purposes of the SBLA. Further information is available from:

Small Business Loans Administration
Industry, Science and Technology Canada
Ottawa, Ontario
K1A 0H5
(613) 954-5540

23 OUTREACH

CHECK IT OUT Outreach is aimed specifically at youth, women, Native people, visible minorities, persons with disabilities, the long-term unemployed, offenders/ex-offenders, and others experiencing employment difficulties.

WHAT IT DOES It assists people having trouble finding jobs. Through counselling and other means, the program encourages self-reliance and helps clients to become employed.

TAKE THE FIRST STEP For further information, contact your local Canada Employment Centre.

24 EMPLOYABILITY IMPROVEMENT PROGRAM

WHAT IT DOES It improves an individual's employability and helps people successfully integrate into the labour market. This is done through counselling, training, work experience, mobility assistance and related services and income support. One component of this program is designed specifically for youth.

TAKE THE FIRST STEP Contact your local Canada Employment Centre.

25 NATIONAL LABOUR MARKET INNOVATIONS PROGRAM

CHECK IT OUT If you want to test new solutions to labour market problems.

WHAT IT DOES It stimulates and supports the testing of alternative labour market solutions. This includes pilot projects, demonstration projects and other short-term activities which test new and cost-effective ways to improve the functioning of the labour market across Canada.

APPLICATIONS Are accepted year-round from both groups and individuals, including youth.

TAKE THE FIRST STEP Information and publications are available at your local Canada Employment Centre.

26 MANAGEMENT TRAINEE PROGRAM
Federal Public Service

CHECK IT OUT If you have a master's degree in any discipline from a recognized university.

WHAT IT DOES It is a five-year, multi-assignment training and development program for those interested in management. Participants will enhance their education with training in a wide range of management skills, and will be provided with first-hand knowledge and experience of the advantages of a career in the public service.

APPLY From September to November each year.

TAKE THE FIRST STEP Applicant Profile forms and information leaflets can be obtained from your Campus Career Centre and from Public Service Commission offices across Canada. *(See Section 7 for addresses.)*

27 NATIVE INTERNSHIP PROGRAM *(NIP)*

CHECK IT OUT If you are a high school, college or university student of Native ancestry.

WHAT IT DOES It provides job opportunities in Employment and Immigration Canada (EIC) offices, mainly in clerical positions, but some at officer levels. Students gain work experience, wages and a chance to see if they are interested in a public service career. Each year, NIP participants collaborate to produce a newsletter entitled Images.

APPLICATIONS Times vary from region to region, but applications are accepted as early as December, and throughout the summer if needed. However, students who apply by February 28 will have first consideration for available jobs.

TAKE THE FIRST STEP Apply through Canada Employment Centres, or Canada Employment Centres for Students *(see Section 7 of this booklet)*. For information and publications, contact your local Canada Employment Centre, most Native organizations or Band council offices.

28 INDIAN MANAGEMENT ASSISTANCE PROGRAM

CHECK IT OUT If you are in at least your third year of an undergraduate program in Business Administration, Public Administration, Commerce, Management Sciences, or other business-related fields, or in a master's degree program in Business Administration.

WHAT IT DOES Students work as community management consultants for Indian Band councils and organizations. They gain practical work experience (four months) directly related

to their fields of study, while experiencing the culture and lifestyle of a Native community. They receive approximately $1,800 per month plus 4% vacation pay, and travel expenses. Accommodation is the students' responsibility.

APPLY By mid-March.

TAKE THE FIRST STEP Watch for posters in selected campus placement offices. More information is available from:

Indian Gorvernment Support Directorate
Indian and Northern Affairs Canada
Ottawa, Ontario
K1A 0H4
(819) 994-4344

29 HUMAN RESOURCE DEVELOPMENT

CHECK IT OUT If you are an Indian or Inuk and in need of upgrading your occupational skills.

WHAT IT DOES It provides Bands, tribal councils or Community Economic Development Organizations (CEDOs) with funds that they can use, according to their own human resource development priorities. They may use some funds for needs testing, course costs, wage subsidies, or other related costs.

TAKE THE FIRST STEP Ask your Band or tribal council education or employment counsellor, or contact your local CEDO officer.

Helping You Succeed

30 CHALLENGE

Summer Employment/Experience Development (SEED)

CHECK IT OUT

If you are an employer in the private, public or non-profit sector who wants to hire students for the summer.

WHAT IT DOES

It provides wage subsidies to encourage employers to create job opportunities for secondary and post-secondary students. Funding is available only to employers who would not otherwise create summer jobs for students.

APPLY

Employer applications are usually accepted until March of each year.

TAKE THE FIRST STEP

For more information, contact your local Canada Employment Centre listed under Employment and Immigration Canada in the blue pages of your local telephone directory.

31 CANADA CAREER WEEK

CHECK IT OUT

A national week-long series of events held each year in the first week of November to inform young people about their career and employment options. Many activities are organized by Canada Employment Centres, schools and employers in communities throughout Canada.

WHAT IT DOES

For more information, contact your local Canada Employment Centre. Brochures and information material to help you organize your own Canada Career Week are also available from:

Employment and Immigration Canada
Public Enquiries Centre
140 Promenade du Portage
Hull, Quebec
K1A 0J9

32 START OPTION *(START)*

CHECK IT OUT

If you are between 12 and 18 years of age and are considering leaving high school.

WHAT IT IS

It is a co-operative initiative with schools and school boards providing a range of program interventions to encourage students to finish school and get their high school diploma. Program interventions include monitoring, job shadowing, adopted school projects, and work experience.

APPLY

Year-round.

TAKE THE FIRST STEP

START is part of Employment and Immigration Canada's Youth Initiatives. Information is available at your local Canada Employment Centre.

33 SOCIAL ASSISTANCE PROGRAM

Funding to support employment creation and training projects

CHECK IT OUT

It is for residents of Indian reserves who are eligible for social assistance.

WHAT IT DOES

Indian and Northern Affairs Canada (INAC) has the authority to transfer social assistance funds to support employment and training projects under Band government auspices. People who would otherwise receive social assistance participate in the projects, which will improve their chances for employment and may produce goods and services to benefit the community. Social assistance funds can be combined with funding from other sources and can be used for capital, wages, or training allowances.

TAKE THE FIRST STEP

Only Bands or organizations responsible to a chief and council may apply to sponsor a project. Applications must be made to INAC, the tribal council, or the Band administrative authority for social assistance programs. Approval must come from the Regional Director of Social Development or other competent authority. Details of the program are contained in the INAC Social Assistance Program Manual for the region.

34 ABORIGINAL ECONOMIC PROGRAMS *(AEP)*

CHECK IT OUT

They are available to all Métis, Inuit, status and non-status Indians across Canada.

WHAT IT DOES

The AEP branch of Industry, Science and Technology Canada is responsible for administering the components of the Canadian Aboriginal Economic Development Strategy relating to business development, joint ventures, capital corporations, and research and advocacy. AEP administers the following programs:

The Aboriginal Business Development Program provides financial and development assistance to aboriginal entrepreneurs and communities to establish or expand commercial ventures.

The Joint Ventures Program is designed to help aboriginal businesses to forge new and profitable links with other firms in the national economy, thereby providing opportunities for the transfer of management, technical and other business skills to aboriginal peoples.

The Aboriginal Capital Corporations Program supports and builds up the network of autonomous aboriginal financial institutions established across the country in recent years.

The Research and Advocacy Program supports economic studies, seminars, or promotional activities related to the enhancement of aboriginal entrepreneurship.

TAKE THE FIRST STEP

To obtain a copy of the *Canadian Aboriginal Economic Development Strategy* or the *Aboriginal Business Development Program* brochure, call collect to the regional AEP office in your area *(see Section 7 of this booklet)* or the Research and Advocacy Program at (613) 954-4064.

Section 3

LEARNING OPPORTUNITIES

SECTION 3: LEARNING OPPORTUNITIES

Check out this section if you're interested in programs and services related to education. Each program description gives you enough information to get started, and if you want to follow up, we'll tell you where you can go to find out more.

The programs are grouped under two headings:

- **Programs with You in Mind**
  You can apply directly to these.

- **Helping You Succeed**
  Although you can't apply for these programs yourself, we'll tell you who can.

Turn the page and find out more!

Programs with You in Mind

35 OFFICIAL LANGUAGE FELLOWSHIP

CHECK IT OUT

If you are a post-secondary student.

WHAT IT DOES

It provides bursaries (amount is at the discretion of the province or territory) for one year or two semesters to allow students to study in their second official language and to enable francophone students from minority areas to continue post-secondary studies in their mother tongue. The bursary may also cover travel costs for students belonging to the official-language minority community. These programs are funded by the Department of the Secretary of State and administered by the provincial/territorial departments responsible for higher education.

APPLICATION

Deadlines vary from one province/territory to another.

TAKE THE FIRST STEP

Contact the Co-ordinator for Official Language Fellowships at your provincial/territorial department responsible for higher education for an application or for more information.

36 CO-OPERATIVE EDUCATION PROGRAMS *(CO-OP)*

CHECK IT OUT

It is for students enrolled in post-secondary, co-operative education programs and other work/study programs.

WHAT IT DOES

It gives you work experience through short-term assignments in federal departments and agencies. Co-operative education integrates classroom theory with related work experience by alternating the academic terms with paid work terms.

APPLICATION

Deadlines vary. Check with your CO-OP co-ordinator on campus.

TAKE THE FIRST STEP

Jobs are posted at the college/university. Applicants are interviewed and selected by federal departments and agencies prior to each work session. More information is available from your university or college CO-OP co-ordinator.

37 STUDENTSHIP PROGRAM

CHECK IT OUT

If you are a graduate university student involved in full-time training in research in the health sciences. The program is primarily for Canadian citizens and landed immigrants, but in special cases awards may be granted to foreign candidates enrolled in graduate programs in health sciences at Canadian universities.

WHAT IT DOES

It offers annual grants of $15,295 for a maximum of five years, and a research and travel allowance of $700 in the first year and $400 thereafter.

APPLY

By December 1 for new applications.

TAKE THE FIRST STEP

Application forms MRC 21 are available at university research offices. More information may be obtained from, and completed forms should be sent to:

Programs Branch
Medical Research Council
Ottawa, Ontario
K1A 0W9
(613) 954-1963

38 CANADA STUDENT LOANS PROGRAM

CHECK IT OUT If you wish to pursue post-secondary studies.

WHAT IT DOES It provides loans to qualified students and, in some cases, provides interest relief for up to 18 months for students no longer in school who are unable to make payments on their Canada Student Loans resulting from unemployment, or temporary illness or disability.

APPLICATION Deadlines vary with the province or territory. Contact the student aid office on campus for deadlines.

TAKE THE FIRST STEP Application forms are available from financial aid offices in colleges and universities, and from student aid offices in the provincial or territorial ministries of education. For more information (not application forms) contact:

Canada Student Loans Program
Secretary of State
P.O. Box 2090, Station D
Ottawa, Ontario
K1P 6C6
(819) 994-1844

39 INDUSTRIAL UNDERGRADUATE STUDENT RESEARCH AWARDS

CHECK IT OUT If you are a full-time undergraduate science or engineering student and are a Canadian citizen or permanent resident.

WHAT IT DOES It provides awards to do research work for four months in a Canadian company, for $900 per month, which may be supplemented by the company, and a travel allowance if required.

APPLICATION Deadlines are determined by the employer.

TAKE THE FIRST STEP Application forms and lists of eligible companies are available from university deans and department heads, the Natural Sciences and Engineering Research Council (NSERC) liaison office at your university, or directly from NSERC. More information is available from:

Scholarships and International Programs Directorate
Natural Sciences and Engineering Research Council
200 Kent Street
Ottawa, Ontario
K1A 1H5
(613) 996-3635

40 POSTGRADUATE SCHOLARSHIPS

CHECK IT OUT

If you are, or intend to be, a postgraduate student in science or engineering, and a Canadian citizen or permanent resident.

WHAT IT DOES

It provides a yearly stipend for postgraduate studies in science and engineering. The scholarships for the first and second year of postgraduate study are $15,600*, and those for the third and fourth year are $17,400*.

APPLICATION

Deadlines are determined by the individual universities. Applications must be at the Natural Sciences and Engineering Research Council (NSERC) by December 1.

TAKE THE FIRST STEP

Apply to your university. Deadlines for internal university applications will be before December 1, so enquire early. Candidates complete NSERC form 200, and each university forwards the applications on behalf of students. More information is available from:

Scholarships and International Programs Directorate
Natural Sciences and Engineering Research Council
200 Kent Street
Ottawa, Ontario
K1A 1H5
(613) 995-6424

* The value of the scholarship will change for 1993-1994.

41 POSTGRADUATE SCHOLARSHIPS IN SCIENCE LIBRARIANSHIP AND DOCUMENTATION

CHECK IT OUT

If you are a science or engineering undergraduate student who is a Canadian citizen or permanent resident.

WHAT IT DOES

It provides $15,600* a year for students at Canadian library schools, and is intended to encourage further studies in the fields of science librarianship and documentation.

TAKE THE FIRST STEP

Apply to your university. Deadlines for internal university applications will be before December 1, so apply early. Complete NSERC form 200, available from the NSERC liaison officer at your university. Applications are submitted to NSERC on behalf of students. More information is available from:

Scholarships and International Programs Directorate
Natural Sciences and Engineering Research Council
200 Kent Street
Ottawa, Ontario
K1A 1H5
(613) 996-3769

* The value of the scholarship will change for 1993-1994.

42 1967 SCIENCE AND ENGINEERING SCHOLARSHIPS

CHECK IT OUT

If you intend to undertake university-level studies in science or engineering, and are a Canadian citizen or permanent resident.

WHAT IT DOES

It provides yearly scholarships of $21,300* to outstanding students and is renewable for up to four years. A travel allowance is provided if students must relocate.

APPLICATIONS

Must be received by the Natural Sciences and Engineering Research Council (NSERC) by December 8; however, candidates will have to meet an earlier university date. Students may not apply for these awards on their own initiative. Only students who have been invited to do so by the Chairman of the university's NSERC scholarship committee may submit an application for an award.

TAKE THE FIRST STEP

Apply to your university. Deadlines for internal university applications will be before December 8, so enquire early. Applicants must complete NSERC form 206. More information is available from:

Scholarships and International Programs Directorate
Natural Sciences and Engineering Research Council
200 Kent Street
Ottawa, Ontario
K1A 1H5
(613) 996-3769

* The value of the scholarship will change for 1993-1994.

43 UNIVERSITY UNDERGRADUATE STUDENT RESEARCH AWARDS

CHECK IT OUT

If you are a full-time undergraduate science or engineering student who is a Canadian citizen or permanent resident at the time of application.

WHAT IT DOES

It gives meritorious students a chance to conduct research for four months in a Canadian university. Students receive $900 a month, which may be supplemented by the university, and a travel allowance if required.

APPLICATION

Deadlines are determined by the individual universities. Applications must not be sent directly to NSERC by either the student or the head of the department. Rather, the university's internal procedures for selecting students must be followed.

TAKE THE FIRST STEP

Contact the university you would like to work at, and complete Natural Sciences and Engineering Research Council (NSERC) form 202. More information and application forms are available from:

Scholarships and International Programs Directorate
Natural Sciences and Engineering Research Council
200 Kent Street
Ottawa, Ontario
K1A 1H5
(613) 996-3635

44 BURSARIES FOR OFFICIAL LANGUAGE TEACHERS

CHECK IT OUT If you are an education student, a teacher of a second official language, or a minority official language teacher.

WHAT IT DOES It provides bursaries (amount is at the discretion of the province or territory) to enable participants to attend courses and workshops to improve their teaching and linguistic skills. These programs are funded by the Department of the Secretary of State and administered by the provincial/territorial departments responsible for higher education.

TAKE THE FIRST STEP Requirements vary from one province/territory to another, so contact the Co-ordinator for Official Language Bursaries at your provincial/territorial department responsible for higher education for an application or for more information.

45 FOREIGN GOVERNMENT AWARDS PROGRAM

CHECK IT OUT

If you are a graduate student or if you will soon be completing a first degree and intend to go on to do graduate studies and are a Canadian citizen.

WHAT IT IS

Scholarships are available to cover air fare, tuition and living expenses, for one year, for Canadian students who wish to study or do research abroad in all disciplines. The scholarships are offered by 17 foreign countries in return for awards by the Government of Canada to foreign students from those countries.

Countries offering awards: Argentina, Austria, Belgium (Flemish community), Colombia, Denmark, Finland, France, Germany, Hungary, Mexico, The Netherlands, Norway, Poland, Portugal, Spain, Switzerland and Yugoslavia.

APPLY

By October 15.

TAKE THE FIRST STEP

For application forms, phone or write to:

International Council for
Canadian Studies
2 Daly Avenue
Ottawa, Ontario
K1N 6E2
(613) 232-0417

46 COMMONWEALTH SCHOLARSHIP AND FELLOWSHIP PLAN

CHECK IT OUT

If you are graduate student with at least a B+ average who is a Canadian citizen or a permanent resident who is a graduate of a Canadian university. Applicants must have completed a university degree or expect to graduate prior to the tenure of the award.

WHAT IT DOES

It helps you to finance graduate studies in virtually any field in another Commonwealth country. Depending on where you intend to study, the Plan usually pays for tuition and airfare, and provides a living allowance.

Countries offering awards: Ghana, Hong Kong, India, Jamaica, Nigeria, Sierra Leone, Sri Lanka, Trinidad and Tobago, United Kingdom, Australia and New Zealand.

APPLY

By October 31 if you wish to go to a northern hemisphere country, or by December 31 for Australia and New Zealand.

TAKE THE FIRST STEP

You should apply to the Association of University and Colleges of Canada. A limited number of nominations (usually twice as many as there are likely to be awards available) are sent to the awarding countries each year. Final selection of candidates is made by the awarding country. Application forms and more information are available from:

Awards Division (COSAF)
Association of Universities and
Colleges of Canada
151 Slater Street
Ottawa, Ontario
K1P 5N1
(613) 563-1236

47 OTHER AWARD PROGRAMS ADMINISTERED BY THE ASSOCIATION OF UNIVERSITIES AND COLLEGES OF CANADA (AUCC)

CHECK IT OUT

The following is a list of other AUCC award programs:

Cable Telecommunications Research Fellowship

Department of National Defence (DND) Military and Strategic Studies (MSS) Scholarship Program

DND Military and Strategic Studies (MSS) Internship Program

DND Military and Strategic Studies (MSS) Language Program

DND Military and Strategic Studies (MSS) R.B. Byers Postdoctoral Fellowship Program

DND Military and Strategic Studies (MSS) Research Awards

DND Post-Doctoral Fellowships in Military History

Emergency Preparedness Canada Research Fellowship in Honour of Stuart Nesbitt White

APPLICATION

Deadlines vary with the award.

TAKE THE FIRST STEP

For more information on these awards, phone or write to:

Awards Division
Association of Universities
and Colleges of Canada
151 Slater Street
Ottawa, Ontario
K1P 5N1
(613) 563-1236

48 QUEEN ELIZABETH SILVER JUBILEE ENDOWMENT FUND AWARD PROGRAM

CHECK IT OUT

If you have successfully completed at least one year of an undergraduate university program. Candidates must be Canadian citizens or permanent residents.

WHAT IT DOES

It provides non-renewable scholarships of $5,000 for one academic year, and transportation expenses for one return trip, for students to pursue their undergraduate studies (excluding translation programs) in their second official language. Each recipient is presented with a certificate of merit by the Governor General of Canada. The program is funded by the Secretary of State.

APPLY

By February 1.

TAKE THE FIRST STEP

Application forms are available from university awards offices and should be returned to them once they are endorsed by the university the candidate is attending. The university will nominate one candidate and send this nomination to the Association of Universities and Colleges of Canada (AUCC). For further information, contact:

Awards Division
Association of Universities and
Colleges of Canada
151 Slater Street
Ottawa, Ontario
K1P 5N1
(613) 563-1236

49 EMERGENCY PREPAREDNESS CANADA RESEARCH FELLOWSHIP IN HONOUR OF STUART NESBITT WHITE

CHECK IT OUT

If you are a Canadian citizen or a permanent resident. Preference will be given to applicants who hold a master's degree and who would normally be pursuing doctoral studies, especially in the following fields: Urban and Regional Planning, Economics, Geography, Risk Analysis and Management, Systems Science, Sociology, Business Administration and Health Administration. Candidates submitting projects in the two latter areas must have completed their master's degree. For the most part, however, candidates with a first degree will also be considered .

WHAT IT DOES

The purpose of the fellowship is to encourage disaster research and emergency planning in Canada by developing a number of qualified professionals in this field. Emergency Preparedness Canada offers one fellowship per year. The value of the award is $15,000 (Cdn) per annum. The award is tenable for the duration of the program, or to a maximum of four years, whichever occurs first.

APPLY

By February 1st.

TAKE THE FIRST STEP

For more information and an application form, contact:

Awards Division
Association of Universities and
Colleges of Canada (AUCC)
151 Slater Street
Ottawa, Ontario
K1P 5N1
(613) 563-1236

50 CMHC UNIVERSITY SCHOLARSHIP FOR GRADUATE STUDIES IN HOUSING

CHECK IT OUT If you are a full-time graduate student. Candidates must be seeking a master's degree.

WHAT IT DOES It provides scholarships to Canadian graduate students to study housing-related issues at Canadian and foreign universities. It offers approximately $14,154 for a 12-month period (September to August) and may be renewed once.

APPLY By March.

TAKE THE FIRST STEP Application forms, guidelines, and more information are available from:

Administrator
Scholarship Program
Canada Mortgage and Housing Corporation
700 Montreal Road
Ottawa, Ontario
K1A 0P7
(613) 748-2249

51 CN SCHOLARSHIPS FOR WOMEN

WHAT IT IS Up to 58 scholarships of $500 each are awarded to women entering technical programs at community colleges for the 1993 fall semester. A new brochure will be available in April 1993.

APPLY By the end of July 1993.

TAKE THE FIRST STEP Apply to participating educational institutions. A list of these institutions is found in a brochure which is available at CN Employment Offices and Canada Employment Centres. For more information, contact:

Manager
Employment Equity
Canadian National Railways
935 de la Gauchetiere Street West
Montreal, Quebec
H3B 2M9
(514) 399-4809

52 AWARDS FOR CANADIANS

Canadian International Development Agency (CIDA)

CHECK IT OUT

If you are a Canadian citizen and if you have an undergraduate degree or diploma or the equivalent, or will have graduated by the time awards are made. You must also be able to show, through education or experience, your commitment to, and suitability for, a career in international development. Applicants for Ph.D. programs are not eligible.

WHAT IT IS

It is an awards program beginning in July or January which allows you to pursue an academic program or work/study assignment or practical attachment in international development with a field work component in a developing country. You could receive up to $25,000 (taxable) annually, for 7 to 24 months.

APPLICATIONS

For the 1993-94 program, applications must be received at the address below by February 15, 1993 for the first competition, and September 8, 1993 for the second competition.

TAKE THE FIRST STEP

You must submit a proposal showing that you have developed a work/study assignment in a public or private organization or agency with field work in one or more developing countries, or a development-oriented academic program combined with substantial field work in one or more developing countries. Application forms and further information can be obtained from:

Canadian Bureau for International Education
CIDA Awards for Canadians Program
85 Albert Street, Suite 1400
Ottawa, Ontario
K1P 6A4
(613) 237-4820
Fax (613) 237-1073
Telex : 053-3255

53 HELPING YOUTH TO HELP OTHERS

Canadian International Development Agency (CIDA)

CHECK IT OUT

The Canadian International Development Agency (CIDA) is the federal agency responsible for the coordination and delivery of most of Canada's official development assistance and co-operation programs. CIDA currently carries out development projects in over 150 countries and provides financial support to more than 300 Canadian groups to assist them in carrying out development projects in developing countries.

WHAT IT DOES

CIDA has established a Youth Program to assist groups and organizations wishing to develop projects that enable groups of Canadians between 18 and 29 years old to gain experience in international development. The program is intended to foster knowledge of the developing world among Canadian youth and their communities and to build relationships between them and their counterparts in developing countries. This is achieved through development education and active participation in development related activities. Activities include short-term placements of young Canadians in developing countries, youth exchanges, co-operation between Canadian and international youth, and development awareness programs.

APPLY

Project proposals may be submitted by duly constituted groups such as youth organizations, non government organizations, professional associations, educational institutions and the private sector. Projects taking place in the spring and summer must be submitted by October 31st and fall or winter projects by April 1st.

TAKE THE FIRST STEP

If you want to get involved, find out which organizations in your community are interested in developing a project. For further information and guidelines, contact:

Youth Program
Institutional Cooperation and
Development Service Division
Canadian Partnership Branch
Canadian International Development Agency
200 Promenade du Portage
Hull, Quebec
K1A 0G4
(819) 997-5042
Fax (819) 997-0513

Major programs which involve youth in international development activities include:

Canadian Crossroads International (CCI)
National Office
31 Madison Avenue
Toronto, Ontario
M5R 2S2
(416) 967-0801
Fax (416) 967-9078

Canada World Youth
2330 Notre-Dame West, 3rd floor
Montreal, Quebec
H3J 1N4
(514) 931-3526
Fax (514) 939-2621

Centre Canadien d'Études et de Coopération Internationale (CECI)
180 St. Catherine Street East
Montreal, Quebec
H2X 1K9
(514) 875-9911
Fax (514) 874-6469

Institute for International Development and Co-Operative Study (IDIC)
Overseas Development Associates Program
(ODAP) Coordinator, University of Ottawa
25 University Street
Ottawa, Ontario
K1N 6N5
(613) 564-5779
Fax (613) 564-5876

54 CENTRES FOR INTERNATIONAL BUSINESS STUDIES PROGRAM

CHECK IT OUT

If you are a university student interested in international trade and enrolled at one of seven universities with a Centre for International Business Studies.

WHAT IT DOES

The program provides the seven centres with operating funds from External Affairs and International Trade Canada to encourage the study and teaching of international business subjects. Some centres offer fellowships and/or scholarships for qualified students.

APPLICATION

Deadlines vary with each institution.

TAKE THE FIRST STEP

Students should apply through the Centre for International Business Studies at one of the following seven universities:

School of Business Administration
Dalhousie University
6152 Coburg Street
Halifax, Nova Scotia B3H 1Z5

École des Hautes Études Commerciales (HEC)
5255 Decelles Avenue
Montreal, Quebec H3T 1V6

The Western School of Business
University of Western Ontario
London, Ontario N6A 3K7

Faculty of Administrative Studies
University of Manitoba
Winnipeg, Manitoba R3T 2N2

College of Commerce
University of Saskatchewan
Saskatoon, Saskatchewan S7N 0W0

Faculty of Business
University of Alberta
Edmonton, Alberta T6G 2R6

Faculty of Commerce and Business Administration
University of British Columbia
2053 Main Mall
Vancouver, British Columbia V6T 1Y8

55 INDIAN AND INUIT HEALTH CAREERS PROGRAM *(IIHCP)*

CHECK IT OUT

If you are a student of Indian or Inuit descent, are interested in pursuing a career in a professional field of health, and are not receiving funds for your education from any other source.

WHAT IT DOES

It provides study bursaries according to need, scholarships according to merit, and on-the-job training at hospitals, nursing stations and health centres as part of, or separate from, a university or college program.

APPLY

By May 15 for entry into the fall academic session, and by October 15 for entry into the winter or summer academic sessions.

TAKE THE FIRST STEP

Application forms and information pamphlets are available by writing to:

National Co-ordinator
Indian and Inuit Health Careers Program
Medical Services Branch
Health and Welfare Canada
Jeanne Mance Building
Tunney's Pasture
Ottawa, Ontario
K1A 0L3
(613) 954-8779

56 NATIONAL HEALTH RESEARCH AND DEVELOPMENT PROGRAM TRAINING AWARDS

CHECK IT OUT

If you are a graduate student seeking research training in an area closely related to public health or health care.

WHAT IT DOES

The NHRDP offers training fellowships of $19,800 per year at the M.Sc. and Ph.D. levels to individuals who wish to undertake population health research (i.e. nursing, epidemiology, biostatistics, community health, etc.) and pursue research careers in public health/health services delivery.

APPLY

By February 15.

TAKE THE FIRST STEP

Application forms and guides are available at university research offices, and from:

Enquiries Officer
Extramural Research Programs Directorate
Health Services and Promotion Branch
Health and Welfare Canada
Ottawa, Ontario
K1A 1B4
(613) 954-8549
Fax (613) 954-7363

57 CANADA'S NORTHERN SCIENTIFIC TRAINING PROGRAM

CHECK IT OUT

If you are a Canadian citizen or permanent resident enrolled in a Canadian university and are interested in northern studies with field experience in Canada's North. Priority is given to applications from graduate students; however senior undergraduate students entering their final year and intending to undertake an honor's thesis based on northern field work or research which will be continued in subsequent graduate study are also eligible.

WHAT IT DOES

It will help you pay for transportation and living costs, obtain practical field work in Canada's North, develop interest and expertise on northern issues, and improve research skills.

TAKE THE FIRST STEP

For more information, contact:

The Secretary
Northern Scientific Training
Program Committee
Circumpolar and Scientific Affairs Directorate
Indian and Northern Affairs Canada
Ottawa, Ontario
K1A 0H4
(819) 997-9666
Fax (819) 953-0546

58 THE JOHN G. BENE FELLOWSHIP IN SOCIAL FORESTRY

WHAT IT IS

It is an award given to a Canadian citizen enrolled in a Canadian university at the master's or doctoral level in the field of Social Forestry. This prestigious award of $7,000 per year is renewable for up to three years.

APPLY

By January 15.

TAKE THE FIRST STEP

Applications are available from the International Development Research Centre (IDRC). For more information, contact:

John G. Bene Fellowship in Social Forestry
Corporate Affairs and Initiatives Division
International Development Research Centre
P.O. Box 8500
Ottawa, Ontario
K1G 3H9

59 ELEMENTARY/SECONDARY EDUCATION PROGRAM

CHECK IT OUT

If you are a registered Canadian Indian elementary or high school student living on a reserve or on Crown lands.

WHAT IT DOES

It provides educational services directly or through Indian Bands/organizations. Services may include instruction, transportation, counselling, books, supplies and accommodation.

APPLICATION

Deadlines are determined by each school.

TAKE THE FIRST STEP

Contact your school or the nearest office of the Department of Indian Affairs and Northern Development which may refer you to a Band office or school. Information is also available from:

Director of Education
Program Policy Branch
Department of Indian Affairs and
Northern Development
Ottawa, Ontario
K1A 0H4
(819) 994-3555

60 THE POST-SECONDARY STUDENT SUPPORT PROGRAM

CHECK IT OUT

If you are a registered Canadian Indian or an Inuk who has been accepted by an accredited post-secondary educational institution.

WHAT IT DOES

Provides assistance with the costs of your education.

APPLICATION

Deadlines are determined by departmental regional offices and Indian bands.

TAKE THE FIRST STEP

Apply to your Band or the regional office of the Department of Indian Affairs and Northern Development. For more information, contact:

Director of Education
Program Policy Branch
Department of Indian Affairs and
Northern Development
Ottawa, Ontario
K1A 0H4
(819) 994-3555

61 YOUNG CANADIAN RESEARCHERS AWARDS *(YCRA)*

CHECK IT OUT If you are a Canadian graduate student at a Canadian university. Requirements are complex and you should check for details at the address provided below.

WHAT IT DOES It provides research awards up to a maximum of $20,000 per year to cover field work expenses (travel, lodging/board, research costs) in Latin America, Africa or Asia.

APPLY Year-round.

TAKE THE FIRST STEP Applications are available at appropriate university graduate departments. They are also available, along with a brochure, through:

Corporate Affairs and Initiatives Division
International Development Research Centre
250 Albert Street
P.O. Box 8500
Ottawa, Ontario
K1G 3H9
(613) 236-6163, ext. 2430

62 CIVIL LAW/COMMON LAW EXCHANGE PROGRAM

CHECK IT OUT

If you are a law student at a Canadian university who can speak and write in French and English.

WHAT IT DOES

It allows students studying civil law in Quebec or common law in the rest of Canada to learn about, and compare, Canada's two legal systems. Common law students study civil law while civil law students study common law, including comparative law sessions. This is a 10-week program. Accommodation, food, living and travel allowances are covered, and you will receive a scholarship of approximately $1,500.

APPLY

By mid-January.

TAKE THE FIRST STEP

Obtain the *Civil Law/Common Law Exchange* booklet (which contains the application form) from your law faculty. For more information, contact:

Program Manager
Civil Law/Common Law Exchange Program
Department of Justice
239 Wellington Street
Ottawa, Ontario
K1A 0H8
(613) 957-9643
Fax (613) 941-2269

63 LEGAL STUDIES FOR ABORIGINAL PEOPLE PROGRAM

CHECK IT OUT

If you are a Métis or non-status Indian student.

WHAT IT DOES

Each year the Department of Justice offers 10 or more three-year law school scholarships and 10 or more pre-law scholarships (summer orientation program) to Métis and non-status Indians.

APPLY

By April 1 for the Pre-law Program and by June 1 for the three-year scholarship.

TAKE THE FIRST STEP

Information for the Grants and Scholarships Program and the Legal Studies for Aboriginal People Program booklet (which contains the application form) are available from:

Meg Richeson
Program Manager
Department of Justice
222 Queen Street
Ottawa, Ontario
K1A 0H8
(613) 957-9643 or (613) 957-9583
Fax (613) 941-2269

64 FARQUHARSON RESEARCH SCHOLARSHIPS

CHECK IT OUT

A number of scholarships will be provided annually by each Canadian school of medicine, dentistry and pharmacy to enable undergraduate students to gain an exposure to research training at any time throughout a 12-month period from April 1 to the following March 31. These scholarships may not be held for more than three months. Candidates must have completed the first year of study in a professional school and rank in the top 20% of their class. Undergraduate scholars who are registered in an undergraduate program in medicine, dentistry or pharmacy are entitled to a maximum payment of $3,680. Those registered in a program leading to both a professional degree and a graduate degree (e.g., M.D./Ph.D.) are entitled to a maximum payment of $5,160 if the short-term work is directly related to the requirements for the graduate degree.

APPLICATIONS

Should be made to the dean of your institution who will select the recipients of awards.

65 OFFICIAL-LANGUAGE MONITOR PROGRAM *(OLMP)*

CHECK IT OUT

If you are a Canadian citizen or a landed immigrant. To be a part-time monitor, you should be enrolled full time in a post-secondary educational institution. To be a full-time moni-tor, you should have completed CEGEP studies in Quebec or one year of post-secondary studies in the other provinces or territories.

WHAT IT DOES

It provides pay of $3,500 (part time, eight months) and $11,400 (full time, 10 months) for students to assist teachers of English as a second language or French as a first or second language. Some travel and other expenses are also reimbursed. This program is funded by the Department of the Secretary of State and administered by the Council of Ministers of Education, Canada in conjunction with the provincial/territorial departments of education.

APPLY

By mid-February.

TAKE THE FIRST STEP

Application forms are available from universities and colleges, provincial/territorial co-ordinators for the program in the respective departments of education, or the national co-ordinator at the following address:

Director of Official Languages Programs
Council of Ministers of Education, Canada
252 Bloor Street West, Room 5-200
Toronto, Ontario
M5S 1V5
(416) 964-2551

The completed application form must be submitted to the co-ordinator of the province or territory where the candidate is currently residing. Check with the ministry of education in your province or territory for more information.

66 SUMMER LANGUAGE BURSARY PROGRAM *(SLBP)*

CHECK IT OUT

If you are a post-secondary student.

WHAT IT DOES

It provides bursaries of $1,700 to post-secondary students for six-week immersion courses in their second official language, and to francophone students outside Quebec, who are eligible as of their second-last year of secondary school, for similar courses designed to improve their French-language skills and cultural knowledge. The amount of the bursary may be revised for the 1993-94 academic year. This program is financed by the Department of the Secretary of State and administered by the Council of Ministers of Education, Canada in conjunction with the provincial/territorial departments of education.

APPLY

By mid-February.

TAKE THE FIRST STEP

Application forms must be submitted to provincial/territorial co-ordinators, and may be obtained from universities and colleges or directly from the co-ordinators. For more information and addresses of the provincial/territorial co-ordinators contact:

Director of Official Languages Programs
Council of Ministers of Education, Canada
252 Bloor Street West, Room 5-200
Toronto, Ontario
M5S 1V5
(416) 964-2551

67 NSERC/SSHRC MASTER'S SCHOLARSHIPS IN SCIENCE POLICY

CHECK IT OUT

If you have a bachelor's degree in any discipline from a recognized university.

WHAT IT DOES

It provides financial assistance for up to two years to students who will begin science policy studies at the master's level in Canada or abroad. The value of the scholarship is $14,436 per year (1992-93).

APPLY

By December 1.

TAKE THE FIRST STEP

Applications are available from the Social Sciences and Humanities Research Council of Canada and from Canadian universities. For more information, contact:

Senior Program Officer, Fellowships Division
Social Sciences and Humanities
Research Council
P.O. Box 1610
Ottawa, Ontario
K1P 6G4
(613) 992-0525

68 DOCTORAL FELLOWSHIPS PROGRAM

CHECK IT OUT

If you are a Canadian citizen or permanent resident of Canada living in the country at the time of application, and will have completed a master's or a first year of doctoral studies in the humanities or social sciences at the time of taking up the award.

WHAT IT DOES

This prestigious awards program allows students to pursue a doctoral degree on a full-time basis. The amount per year was, in 1992-93, $14,436. The fellowships may be renewed up to and including the fourth year of doctoral studies.

APPLY

By November 15 if you are not enrolled full time in a Canadian university. If you are, you must apply through your university department.

TAKE THE FIRST STEP

Complete the application form and submit, together with three letters of appraisal and all university-level transcripts, to the Social Sciences and Humanities Research Council. Guidelines for applicants are available at the Awards Office or Graduate Studies Office at universities. More information is available from:

Fellowships Division
Social Sciences and Humanities
Research Council
255 Albert Street
Ottawa, Ontario
K1P 6G4
(613) 992-0525

69 RESEARCH SUPPORT OPPORTUNITY IN ARCTIC ENVIRONMENTAL STUDIES

CHECK IT OUT

If you are a graduate student enrolled in an environmental program in the physical or biological sciences. Your field of study must be relevant to the Arctic.

WHAT IT DOES

It provides logistical support, for up to 365 days over a three-year period, for research undertaken through a Canadian university. The research would be carried out at either of Canada's High Arctic weather stations: Eureka on Ellesmere Island or Mould Bay on Prince Patrick Island.

APPLY

By January 31, 1993, although applications will be considered at other times.

TAKE THE FIRST STEP

For more information and application forms, contact:

Canadian Northern Studies Trust
c/o Association of Canadian Universities
for Northern Studies
130 Albert Street, Suite 201
Ottawa, Ontario
K1P 5G4
(613) 238-3525

70 THE NATIONAL RESEARCH COUNCIL TRAINING PROGRAM FOR WOMEN IN SCIENCE AND ENGINEERING

CHECK IT OUT

If you are a Canadian woman, attending a Canadian university at the undergraduate level, and are interested in a career in science or engineering.

WHAT IT IS

It is a program which provides financial assistance and career-oriented training to a minimum of 25 Canadian women who demonstrate an interest in scientific and engineering research. The assistance is offered over a three-year period.

APPLY

By April 30. The application form must be sent by a university official along with two letters of recommendation from university professors or department heads.

TAKE THE FIRST STEP

Application forms are available through the appropriate university faculty. For further information, contact:

Recruitment and Staffing Section
National Research Council of Canada
Ottawa, Ontario
K1A 0R6
(613) 993-9134

71 CANADA SCHOLARSHIPS PROGRAM

CHECK IT OUT

If you are a Canadian citizen or permanent resident of Canada and you plan to enter full-time, first-year studies at a Canadian university, or if you are in a university transfer program at a community college in Alberta, Yukon or British Columbia.

WHAT IT IS

A minimum of 2500 scholarships, each worth $2,000 per year for up to four years, are awarded to students pursuing undergraduate degrees in one of the following fields: engineering, applied sciences, mathematics, physical sciences, agriculture, biological sciences. At least half of all scholarships are awarded to women.

APPLY

Before June 20.

TAKE THE FIRST STEP

Fill out an application form and send it to the post-secondary institution(s) you plan to attend. (Application forms can be photocopied and used as originals.) The institutions nominate the most outstanding students from their list of eligible candidates. For more information, contact your school guidance counsellor, the institution(s) you plan to attend, or:

Canada Scholarships Program
Association of Universities and
Colleges of Canada
151 Slater Street
Ottawa, Ontario
K1P 5N1
(613) 563-1236

72 CN NATIVE EDUCATIONAL AWARDS PROGRAM

CHECK IT OUT

If you are a Native student (i.e., Inuit, status or non-status Indian, Métis) entering or enrolled full time in a university education program in preparation for a career in the transportation industry. This may include a wide range of occupations, from nurses to engineers, and from computer programmers to market analysts.

WHAT IT IS

Each year, five awards of $1,500 are given to Native students who attend selected educational institutions in Canada. You may receive an award for up to four years, but you will have to reapply each year.

APPLY

By October 31, 1992.

TAKE THE FIRST STEP

Further information and application forms are available from:

Manager, Employment Equity
Native Educational Awards Program
Canadian National Railways
935 de la Gauchetiere Street West
Montreal, Quebec
H3B 2M9
(514) 399-4809

73 CO-OPERATIVE EDUCATION PROGRAM

WHAT IT DOES It provides developmental work-study experience for secondary and post-secondary students to increase their ability to join the labour market.

APPLICATIONS By high schools, colleges and universities must be made by January 31. Students should check deadlines with their schools.

TAKE THE FIRST STEP Schools, colleges and universities must apply to regional Employment and Immigration Canada (EIC) offices *(see Section 7 for addresses)*. The Co-operative Education program is part of EIC's Youth Initiatives. Students must apply through their school.

74

IRAP: TECHNOLOGY ENHANCEMENT

National Research Council of Canada's Industrial Research Assistance Program

CHECK IT OUT

The Industrial Research Assistance Program helps to enhance the competitiveness of Canadian firms in the global market through the acquisition, development, and exploitation of technology. IRAP provides firms with industrial technology advisory services and can provide financial assistance for industrial research and development projects. Using IRAP funding, many firms hire university and college students to work on the research and development projects.

WHAT IT DOES

Through its national network of Industrial Technology Advisors (ITAs), IRAP provides free industrial technology advisory services including advice and guidance, referrals, and identification of sources of technology. IRAP also has funding available to facilitate technically risky research and development projects designed to enhance the firm's technical capability. The IRAP Technology Enhancement funding element supports a variety of small scale initiatives. Many firms hire university and college students, studying science or engineering, to work on their IRAP-funded research projects. The student is paid by the firm.

APPLICATIONS

Applications for IRAP funding are made by the firm. Students hired for IRAP-funded projects are typically registered with their university or college placement service, co-op program, or with their local Canada Employment Centre. Students may also apply directly to companies receiving IRAP assistance.

75 EXTERNAL RESEARCH PROGRAM *(ERP)*

Canada Mortgage and Housing Corporation (CMHC)

CHECK IT OUT

Undergraduate and graduate university students may be subcontracted for work.

WHAT IT DOES

It provides housing research grants of up to $20,000, usually for 12 to 24 months, to individuals in universities (usually faculty), government, and the private sector, to pursue independent research that will result in reports for public use. Students on subcontracts are given wages usually at par with teaching and research assistants.

APPLICATIONS

For grants should be made by the fall. Contact CMHC during the summer for specific dates.

TAKE THE FIRST STEP

Those seeking grants must submit a written application on a form provided by CMHC. For guidelines and application forms and a bibliography of External Research Program reports, contact:

External Research Program
Canada Mortgage and Housing Corporation
Room C7-309
700 Montreal Road
Ottawa, Ontario
K1A 0P7
(613) 748-2250

76 FEDERAL SUPPORT TO POST-SECONDARY EDUCATION

CHECK IT OUT

Financial assistance is provided for various areas of post-secondary education. This support takes the form of fiscal transfers to provincial and territorial governments for post-secondary education and official languages in education, and direct support through university research funding, student assistance, and the founding of federal schools.

TAKE THE FIRST STEP

A report on federal and provincial support to post-secondary education in Canada is published annually by the Department of the Secretary of State. To obtain a copy, contact:

Education Support Branch
Secretary of State
Ottawa, Ontario
K1A 0M5
(819) 994-5686

77 SCIENCE CULTURE CANADA

CHECK IT OUT

Proposals may be submitted by constituted Canadian organizations or by people who are sponsored by, or affiliated with, such organizations.

WHAT IT IS

This program was established to fund projects and activities aimed at increasing awareness of, and developed interest in, science and technology among Canadians, particularly young Canadians. It is designed to help people understand how important science and technology are to our society and how they are changing the way we live and work as well as make people aware about Canada's achievements in science and technology. The program provides project funding as well as general and youth core funding. The types of projects that have already been funded include exhibits, plays, workshops, science fairs, television and radio programs, books, magazines, videos, etc.

APPLICATION

Deadline for general and youth core funding proposals is April 15, while project proposals may be submitted twice a year – on or before April 15 and October 15.

TAKE THE FIRST STEP

For more information, contact:

Programs Officer
Science Culture Canada
Programs Branch
Supply and Services Canada
Place du Portage, Phase III, 12C1
Hull, Quebec
K1A 0S5
(819) 956-1772
Fax (819) 997-7352

78 CANADIAN AGRI-FOOD DEVELOPMENT INITIATIVE *(CAFDI)*

CHECK IT OUT It is for youth groups which train and teach rural youth about the agri-food sector.

WHAT IT DOES It gives funding for agricultural exhibitions, fairs, conferences, and other projects.

APPLY At least four months before your event takes place.

TAKE THE FIRST STEP For application forms and guidelines, groups should write to:

Canadian Agri-Food Development Initiative
(CAFDI) Secretariat
Agri-Food Development Branch
Agriculture Canada
Ottawa, Ontario
K1A 0C5
(613) 995-9554

Section 4

TRAVEL AND CULTURE

SECTION 4: TRAVEL AND CULTURE

Looking for a change of scene? This section tells you about exchange programs in Canada and abroad, and much more. You can apply directly for all of the programs listed here.

79 CANADA-FRANCE YOUNG WORKERS EXCHANGE PROGRAM

CHECK IT OUT

It is for Canadians 18-35 years of age who are university graduates with a working knowledge of French and one year of relevant work experience.

WHAT IT DOES

It allows you to work in France for 6-12 months in an area that is related to your field of study. You will have the opportunity to gain professional experience and to learn about the values and culture of France. Candidates are responsible for their own travel and living expenses. Work permits are required and getting one takes up to three months after the job offer is made.

TAKE THE FIRST STEP

A fact sheet and application forms are available from:

Youth and Personalities Exchanges Section
(BKRE)
Academic Relations Division
External Affairs and
International Trade Canada
Ottawa, Ontario
K1A 0G2
(613) 992-6142

80 CANADA-SWITZERLAND YOUNG TRAINEE EXCHANGE PROGRAM

CHECK IT OUT

It is for Canadians 18-30 years of age who have a knowledge of German, French or Italian; a university degree, a post-secondary diploma, or certificate from an institute of technology or equivalent educational institution; a minimum of one year of work experience directly related to their academic degree or diploma; and a written job offer from a company in Switzerland.

WHAT IT DOES

It permits Canadians to engage in temporary (6-18 months) career-related employment while gaining professional experience and having the opportunity to learn about new cultures. You are responsible for your own travel and living expenses.

APPLY

Preferably six months before you want to go.

TAKE THE FIRST STEP

Information and application forms are available from:

Youth and Personalities Exchanges Section
(BKRE)
Academic Relations Division
External Affairs and
International Trade Canada
Ottawa, Ontario
K1A 0G2
(613) 996-4527
or
(613) 992-6289

81 CANADA-GERMANY YOUNG WORKERS EXCHANGE PROGRAM

CHECK IT OUT

If you are a Canadian 18-30 years of age who has a post-secondary degree or diploma in industry, commerce, science or technology. You must have a working knowledge of German and at least one year of work experience directly related to your field of study.

WHAT IT DOES

It allows you to work in Germany for 6-18 months in an area that is related to your field of study. You will have the opportunity to acquire new skills while gaining a better appreciation of the values and culture of Germany. The German government will do a job search on your behalf, but it is suggested that you also attempt to find a job on your own. You are responsible for your own travel and living expenses.

APPLY

Year-round.

TAKE THE FIRST STEP

For more information and an application form, contact:

Youth and Personalities Exchanges Section
(BKRE)
Academic Relations Division
External Affairs and
International Trade Canada
Ottawa, Ontario
K1A 0G2
(613) 992-6142

82 FINNISH CAREER DEVELOPMENT EXCHANGE PROGRAM

CHECK IT OUT

If you are a Canadian 18-30 years of age who has a post-secondary degree or diploma in architecture, engineering, urban planning or forestry. You must have adequate knowledge of English, Finnish, Swedish, or German and at least one year of work experience directly related to your field of study.

WHAT IT DOES

It allows you to work in Finland for up to 18 months in an area that is related to your field of study. You will gain professional experience and have the opportunity to learn about the values and culture of Finland. The Finnish government will do a job search on your behalf, but it is suggested that you also attempt to find a job on your own. You are responsible for your own travel and living expenses.

APPLY

Year-round.

TAKE THE FIRST STEP

For more information and an application form, contact:

Youth and Personalities Exchanges Section
(BKRE)
Academic Relations Division
External Affairs and
International Trade Canada
Ottawa, Ontario
K1A 0G2
(613) 992-6142

83 OPEN HOUSE CANADA

CHECK IT OUT

It provides financial assistance to non-profit organizations that administer group exchanges and national fora for youth between the ages of 14 and 22. Priority is given to those under 19 years of age.

WHAT IT DOES

The program's objective is to provide young Canadians with learning opportunities to increase their knowledge, appreciation, and respect for the diversity of Canadian society and its institutions and to encourage active citizen participation so as to contribute to national harmony. This is done through reciprocal exchange visits with a group from another Canadian community or national fora. Open House Canada supports three types of exchanges: bilingual, multicultural, and rural/isolation. National fora are aimed at discussing issues of national interest and learning about Canadian institutions. Special consideration is given to exchanges and fora that involve the participation of target groups, e.g., Native, disabled, visible minority, and economically-disadvantaged youth. The funds allocated are to be used exclusively to cover part of the transportation costs of the participants.

APPLICATIONS

Are accepted from well-established non-profit, non-governmental organizations.

TAKE THE FIRST STEP

For further information on the program and the eligibility of your group, call or write to:

Youth Participation Directorate
Secretary of State
Ottawa, Ontario
K1A 0M5
(819) 994-1313

84 HERITAGE CULTURES AND LANGUAGES PROGRAM – CREATIVE AND CULTURAL EXPRESSION

WHAT IT DOES

It supports projects and activities in the area of visual and performing arts, audio-visual arts, writing and publications, which promote greater opportunity for artists from diverse cultural backgrounds. The program encourages the development of the creative arts as a vehicle for the expression of heritage cultures in Canada and of Canadian multiculturalism. Funds are provided for skill development, resource development, and training activities, but no assistance is given for capital costs, and there is no retroactive funding.

TAKE THE FIRST STEP

Eligible applicants for local or regional projects may contact one of the regional offices of Multiculturalism and Citizenship Canada *(see Section 7 for addresses)*. For information on projects of national scope, contact:

Heritage Cultures and Languages Program
Multiculturalism and Citizenship Canada
Ottawa, Ontario
K1A 0M5
(819) 994-2020

85 WORKSTUDENT PROGRAM

Canadian Association of University Teachers of German (CAUTG)

CHECK IT OUT

If you are 18-30 years old, are able to work in German, and are enrolled in a Canadian university or college which is a member of CAUTG.

WHAT IT DOES

It provides two months of work experience, June 1 to July 31, primarily in the hotel/restaurant industry, and the opportunity to improve German language skills and experience German culture. About four weeks are left for independent travel. There will likely be a subsidy for the Toronto-Germany flight.

APPLY

By November 30.

TAKE THE FIRST STEP

Apply through the German department of a Canadian university or college. Manpower Germany will make the final decision. Information sheets and posters are available through German Studies programs at CAUTG-member universities and colleges. For more information, contact:

Professor D. Macrae, Director
Workstudent Program
Department of Germanic and Slavic Studies
Brock University
St. Catharines, Ontario
L2S 3A1
(416) 688-5550, ext. 3312

Section 5

HEALTH, FITNESS AND SUPPORT SERVICES

SECTION 5: HEALTH, FITNESS AND SUPPORT SERVICES

Canada's Fitweek and the Student Leadership Development Program – these are just two of the programs you'll find in this section. Each program description gives you enough information to get started and tells you how to find out more.

The programs are grouped under two headings:

- **Programs with You in Mind**
  You can apply for these programs directly.

- **Helping You Succeed**
  Although you can't apply directly, you'll see who can.

What are you waiting for? Read on!

Programs with You in Mind

86 CANADA'S DRUG STRATEGY — REALLY ME

WHAT IT DOES

It provides young people aged 11-17 with information on drug awareness as part of Canada's Drug Strategy. The booklet *Really Me – For Parents/For Youth* is available for teens and their parents. It provides helpful information and important reasons for avoiding alcohol and other drug use. Quantities of these booklets are limited.

TAKE THE FIRST STEP

For the booklet *Really Me – For Parents/For Youth*, promotional materials and further information, contact:

Health and Welfare Canada
Box 8888
Ottawa, Ontario
K1G 3J2

87 NATIONAL CLEARINGHOUSE ON FAMILY VIOLENCE

WHAT IT IS

The National Clearinghouse on Family Violence (NCFV) collects, analyzes and distributes information about violence in the family. It is a major resource and information centre for organizations and people concerned with family violence issues, including child abuse, violence against women and elder abuse. The NCFV's toll-free line provides equal national access to all Canadians.

There are over 5000 references in the NCFV Resource Centre, which are in a computerized database. This database is accessible to anyone with a computer and modem. The Clearinghouse also has a Family Violence Film Collection maintaining approximately 90 films and videos on the subject. These may be obtained from regional National Film Board (NFB) offices. See the blue pages of your phone book to find the NFB office nearest you.

TAKE THE FIRST STEP

For more information on family violence issues, contact:

National Clearinghouse on Family Violence
Family Violence Prevention Division
Social Service Programs Branch
Health and Welfare Canada
Ottawa, Ontario
K1A 1B5
(613) 957-2938
TDD: 1-800-561-5643 (Toll free)
Toll-free: 1-800-267-1291
Fax (613) 941-8930

88 PLAY IT SMART
(Impaired Driving)

WHAT IT IS

"Play It Smart" is the slogan for the public information and awareness activities on impaired driving undertaken under Canada's Drug Strategy launched in May 1987. The activities provide young people aged 16-24 with information on the hazards of impaired driving and encourages the view that this behaviour is socially unacceptable, illegal and dangerous.

TAKE THE FIRST STEP

For promotional materials and other information, call (613) 954-8840 or contact:

Health and Welfare Canada
Box 8888
Ottawa, Ontario
K1G 3J2

89

MOGA MADNESS

(Most Outrageous Group Activity)

CHECK IT OUT

If you are in high school.

WHAT IT IS

The national youth active living challenge for the Most Outrageous Group Activity (MOGA) invites young people to participate in group physical activities to celebrate Canada's Fit Week, May 28-June 6 1993. The events are organized by students for their schools. The main objective is to promote physical activity as social and creative fun by encouraging as many students as possible to participate in at least 20 minutes of continuous physical activities.

APPLY

By April 30, for 1993. This is not a deadline but ensures that you receive the MOGA Madness event kit in time to successfully organize and promote your event.

TAKE THE FIRST STEP

The MOGA Madness information brochure with registration coupon has been sent to secondary schools. Students need to obtain permission from their school principal before entering. For further details or to obtain an Event Kit, contact:

MOGA Madness National Co-ordinator
1600 James Naismith Drive, Suite 601
Gloucester, Ontario
K1B 5N4
(613) 748-5639
Fax (613) 748-5706

90 HELPING OURSELVES: ORGANIZING A PEER SUPPORT CENTRE

CHECK IT OUT If you are a college or university student.

WHAT IT DOES It helps youth to help themselves and their friends deal with health and social problems by showing them how to set up their own support centre.

TAKE THE FIRST STEP The *Helping Ourselves* manual on organizing your own peer support centre has been sent to all student governments at universities, colleges and CEGEPs. For more information or to obtain a copy of the manual, contact:

Health Service Systems Division
Health Services and Promotion Branch
Health and Welfare Canada
Ottawa, Ontario
K1A 1B4
(613) 954-8636

91 FAMILY ALLOWANCES

WHAT IT DOES It provides financial support through monthly allowances of $34.88 per child to families with children under age 18. In Alberta and Quebec, the rates vary according to the number of children and their ages. Benefit payments can also be deposited directly into the account of your choice at any bank, caisse populaire, credit union, trust company, or other financial institution located in Canada. The Government of Canada does not charge for this service which is optional.

TAKE THE FIRST STEP A parent or guardian must apply to Health and Welfare Canada. Applications are available from hospitals or from your local Income Security Programs office of Health and Welfa

Canada (see the Government pages (blue pages) of your local telephone directory for phone numbers and addresses).

Note: The federal government tabled legislation in May 1992 which would replace the Family Allowances program with a new Child Tax Benefit administered jointly by the departments of Health and Welfare and National Revenue. If the legislation is passed, the program would take effect January 1, 1993.

92 UNEMPLOYMENT INSURANCE

CHECK IT OUT

If you worked at least 10-20 weeks at a job where unemployment insurance contributions were taken off your pay cheque, and you are now unemployed.

WHAT IT DOES

It pays 60% of your average weekly insurable earnings for up to 50 weeks, while you look for work. It also pays maternity, sickness and parental benefits and such adjustment benefits and training, work sharing and job creation. The maximum weekly benefit rate for 1992 is set at $426. However, for those who quit work without just cause, refuse suitable employment or are fired for misconduct, the benefit rate is reduced to 50% of average weekly insurable earnings and a disqualification is levied for a period ranging from 7-12 weeks.

TAKE THE FIRST STEP

Go to your local Canada Employment Centre.

Helping You Succeed

93 FAMILY VIOLENCE INITIATIVE

WHAT IT IS

This initiative is co-ordinated by the Family Violence Prevention Division of Health and Welfare Canada. Through this initiative, the Division also provides funding for projects addressing child abuse, violence against women, and elder abuse, and covers a wide range of prevention, protection and treatment issues.

APPLICATIONS

Proposals may be submitted by voluntary, non-profit groups or organizations, professional associations, educational institutions, and provincial and municipal government departments or agencies.

TAKE THE FIRST STEP

For more information, contact:

Family Violence Prevention Division
Social Service Programs Branch
Health and Welfare Canada
Ottawa, Ontario
K1A 1B5
(613) 957-2938
Toll-free: 1-800-267-1291
Fax (613) 957-4247

94 DO IT DAILY . . . FOR LIFE!

CHECK IT OUT

If you are a Canadian elementary or high school student.

WHAT IT IS

It is a fun-filled week of active living designed especially for you. Each school receives colourful posters and a copy of the Do It Daily . . . For Life! – a teacher's resource booklet containing great activity suggestions that can be used throughout the year. This program is co-ordinated by the Canadian Association for Health, Physical Education and Recreation (CAHPER), the Canadian Intramural Recreation Association (CIRA), and is a part of Canada's Fitweek. The Do It Daily . . . For Life! project is for everyone, so get involved and be a part of the action!

TAKE THE FIRST STEP

Make sure your school is participating during Canada's Fitweek, May 28-June 6, 1993. For further information, contact:

Special Projects Officer
c/o CAHPER and CIRA
1600 James Naismith Drive, Suite 606
Gloucester, Ontario
K1B 5N4
(613) 748-5622
Fax (613) 748-5737

95 CANADIAN ACTIVE LIVING CHALLENGE

CHECK IT OUT

If you are between the ages of 6 and 18 and are interested in fun ways to become more physically active, the Canadian Active Living Challenge is for you!

WHAT IT IS

Focusing on activity, fun and participation, the Canadian Active Living Challenge offers four programs, each geared to a specific age group. The programs, each of which have two components (*Doing* and *Thinking and Knowing*), are designed to motivate participants to value, practice and enjoy regular physical activity.

TAKE THE FIRST STEP

Teachers, youth group leaders, etc. can request the resource materials needed to run the programs. They include an orientation video, a leader's manual for each program and participant materials: a game board for program one, a passport for program two (available, fall 1992) and journals for programs three and four (available spring 1993). For further information or to order materials, contact:

Canadian Active Living Challenge
Active Living Alliance for Children and Youth
1600 James Naismith Drive, Suite 312
Gloucester, Ontario
K1B 5N4
(613) 748-5775
Toll free: 1-800-361-2756

96 THE STUDENT LEADERSHIP DEVELOPMENT PROGRAM *(SLDP)*

CHECK IT OUT

It is for anyone between the ages of 8 and 20.

WHAT IT IS

It is a comprehensive, easy-to-use youth leadership program designed to help young people involved in recreation groups learn to plan, organize and operate their own physical recreation programs with minimal direction from group co-ordinators or teacher sponsors. All groups that participate in the SLDP are part of the Canadian Intramural Recreation Association's National Student Leadership Network, which facilitates communication, sharing, and exchange of ideas between Canada's recreation youth leaders. Program enrolment packs cost $31 for the elementary level and $37 for the secondary level. These costs are usually paid by the institution sponsoring the recreation youth group.

APPLY

Year-round.

TAKE THE FIRST STEP

The enrolment form and program brochures are available from the address below. Send the completed Student Leadership Development Program Enrolment Form, with accompanying payment, to:

Program Co-ordinator
Student Leadership Development Program
Canadian Intramural Recreation Association
1600 James Naismith Drive, Suite 601
Gloucester, Ontario
K1B 5N4
(613) 748-5639

97

INFORMATION SERVICES CENTRE

Active Living Alliance for Children and Youth

CHECK IT OUT

It is for all Canadians, aged 19 or under.

WHAT IT IS

The Active Living Alliance for Children and Youth is a partnership of more than 25 national organizations and agencies that are united by a common goal – to create a supportive environment for healthier, more physically-active lifestyles for Canadian children and youth. The Alliance's Information Services Centre provides information on programs and resources in the areas of children, youth and physical activity.

TAKE THE FIRST STEP

For further information about available resources, contact:

Active Living Alliance Office
1600 James Naismith Drive, Suite 312
Gloucester, Ontario
K1B 5N4
(613) 748-5735
Toll free: 1-800-361-2756
Fax (613) 748-5734

98 CANADA'S FITWEEK

CHECK IT OUT

From May 28 to June 6, 1993, all Canadians are encouraged to celebrate the fun of physical activity. Each year more than 18,000 events take place to promote active living. The Canada's Fitweek Secretariat co-ordinates Canada's Fitweek under the direction of the Executive Committee and in co-operation with Fitness and Amateur Sport, provincial and territorial governments, national organizations and corporate supporters.

TAKE THE FIRST STEP

For promotional materials and information on how to organize an event, contact:

The Canada's Fitweek Secretariat
1600 James Naismith Drive, Suite 202
Gloucester, Ontario
K1B 5N4
(613) 993-0107
Fax (613) 993-6089

99 CANADA ASSISTANCE PLAN (CAP)

WHAT IT DOES

Under the Canada Assistance Plan, the federal government shares in the eligible costs incurred by the provinces/territories in providing social programs to needy persons. Such programs include a wide range of welfare services and financial assistance for basic items, such as food and shelter, and for items of special need. Part III of the Plan enables cost-sharing of Work Activity Projects. Using a combination of work exposure activities and work experience, counselling, life skills and other welfare services, these projects provide a comprehensive approach to social rehabilitation and help resolve the personal and family problems of the participants.

TAKE THE FIRST STEP

To find out more about available programs and services, contact your provincial, territorial or municipal social services office. For further information on the Plan, contact:

Cost Shared Programs Directorate
Health and Welfare Canada
Ottawa, Ontario
K1A 1B5
(613) 957-2913

100 HEALTH PROMOTION FUND *(HPF)*

WHAT IT DOES

It provides financial support to community-based organizations to undertake projects that promote health. One of the target groups identified by the Health Promotion Directorate as requiring special attention is children and adolescents. Projects can focus on health issues such as alcohol and drug problems, impaired driving, AIDS, smoking, and health promotion in general. Target group members must be involved in the planning and implementation of the projects.

TAKE THE FIRST STEP

Contact the nearest Health Promotion and Social Development Office *(see Section 7 for addresses)* for the current funding guidelines and information on the next application deadline. Further information is also available from:

Chief, Health Promotion Funding Unit
Health Promotion Directorate
Health and Welfare Canada
Ottawa, Ontario
K1A 1B4
(613) 954-1215
Fax (613) 990-7097

101 PEER-ASSISTED LEARNING

A Smoking Prevention Program (PAL)

WHAT IT IS

It is an Active Learning Approach to attitudes, ideas and life skills for 11 to 13 year-old children aimed at preventing young people from ever starting to smoke. The PAL kit contains detailed, step-by-step lesson plans, handy background notes and masters of student activity sheets are provided.

TAKE THE FIRST STEP

For further information, contact:

Gisèle D'Amour
Program Officer
Tobacco Programs Unit
Health Promotion Directorate
Health and Welfare Canada
Jeanne Mance Building
4th floor
Ottawa, Ontario
K1A 1B4
(613) 957-8333
Fax (613) 990-7097

102 COMMUNITY SUPPORT AND PARTICIPATION PROGRAM *(CSP)*

WHAT IT DOES

It provides technical and financial help to national, regional, and community-based ethnocultural and multicultural organizations, and to agencies that serve immigrants. The purpose is to help Canada's immigrant, ethnocultural, and visible minorities participate fully and equally in Canadian life. Support is provided for such activities as conferences, workshops and programs, including those that address the concerns of minority youth.

TAKE THE FIRST STEP

Applications must come from non-profit groups. Note that funding must be approved before the event takes place. Also, capital costs cannot be paid under this program. Phone, visit or write to regional Multiculturalism and Citizenship Canada offices across Canada *(see Section 7 for addresses)*. Further information is available through these offices, or from:

Community Support and
Participation Program
Multiculturalism Sector
Multiculturalism and Citizenship Canada
Ottawa, Ontario
K1A 0M5
(819) 994-2020

103 CANADA PENSION PLAN *(CPP)*

CHECK IT OUT

It is for children of disabled or deceased contributors to the Canada Pension Plan, or children who were in their custody at the time of death. The children must be under 18 years of age, or between the ages of 18 and 25, and in full-time attendance at school or university.

WHAT IT DOES

It provides a monthly amount of $154.70 per child. Two benefits may be paid if the earnings of both parents were lost due to disability or death. Benefit payments can be deposited directly into the account of your choice at any bank, caisse populaire, credit union, trust company or other financial institution located in Canada. The Government of Canada does not charge for this service which is optional.

TAKE THE FIRST STEP

A parent or guardian must apply to Health and Welfare Canada for children under 18. For further information on the eligibility requirements, contact the Income Security Programs Client Service Centre nearest you. The telephone number and address can be found in the Government pages (blue pages) of most telephone directories under, "Health and Welfare Canada."

Section 6

RESOURCES

SECTION 6: RESOURCES

You might be interested in getting copies of the pamphlets, videos, and reports prepared or supported by the federal government. Many of these are listed in this section. If you want to obtain copies of the following, call or write the organization listed beside each. For telephone numbers or addresses of federal offices that don't appear in Section 7 of this booklet, look under, "Government of Canada" in the blue pages of your local telephone directory.

JOBS AND TRAINING

Employment Equity: Challenge and Change. (Video.) Canadian National Railways, Employment Equity, 935 de la Gauchetière, 6th Floor, Montreal, Quebec H3B 2M9.

How to Find a Job. (A self-help booklet designed to meet the needs of youth in today's job market. It includes helpful hints on topics such as: writing a resumé, making a good first impression with prospective employers, interviewing techniques, as well as other important job-finding skills.) Employment and Immigration Canada, Ottawa, 1991. Cat. No. LM016/1/91.

How to Get Involved in International Development. Youth Program, Canadian International Development Agency.

International Exchange Programs 1991. (A handbook describing different exchange programs with countries around the world.) External Affairs Canada, Ottawa, 1991.

Job Futures: An Occupational Outlook to 1995. 1990 edition, 2 volume set. Employment and Immigration Canada, Ottawa, 1990. Cat. Nos. LM-068/1/E, LM-068/2/E, $19.95.

Job Futures: The Handbook. An Occupational Outlook to 1995. (A condensed version of the 2-volume set.) Employment and Immigration Canada, Ottawa, 1991. Available free of charge. Cat. No. Y-048/9/91.

The Job Interview; The Resumé; The Combined Format Resumé; The Chronological Resumé. (A series of four fact sheets designed to provide assistance in interview and resumé writing techniques.) Employment and Immigration Canada, Ottawa, 1990. Cat. Nos. LM073/8/90; LM075/8/90; LM074/8/90; LM072/8/90.

Job Seeker's Handbook: People to see, Places to go, Things to do. (A handbook designed to help you organize your job-finding activities.) Employment and Immigration Canada, Ottawa, 1990. Cat. No. LM001/8/90.

Minding Your Own Business Booklets. (These pocketbook guides are designed to help young people who are interested in small business operations. There are four titles: General Small Business Management, Retailing, Service Businesses, and Manufacturing.) Federal Business Development Bank, Ottawa, $4.95 each, plus GST.

What Will Tomorrow Bring? (A report on the education and attitudes of adolescent girls, as well as adolescents in general.) The Canadian Advisory Council on the Status of Women, 110 O'Connor Street, 9th Floor, Ottawa, Ontario K1P 5M9, 1985.

Stay-In-School (SIS). (A flyer describing the three Stay-In-School components and inviting readers to get involved.) Employment and Immigration Canada, Ottawa, 1991. Cat. No. Y-041/1/91.

A Call to Action. (A flyer describing ways to get involved in SIS mobilization activities in your community, business, union, home and political system.) Employment and Immigration Canada, Ottawa, 1991. Cat. No. Y-052/3/91.

Straight Talk About Staying in School. (A booklet giving young people, at risk of dropping out of secondary school, some vital facts, figures, reasons and encouragement for reconsidering such a decision.) Employment and Immigration Canada, Ottawa, 1991. Cat. No. Y-076/9/91.

Stay-In-School: A Parent's Guide. (A booklet giving parents information to help them recognize the warning signs of dropping out, the realities of the future job market and what they, as parents, can do to guide their child in the right direction.) Employment and Immigration Canada, Ottawa, 1991. Cat. No. Y-077/9/91.

It's Your Life. So What Do You Want to do With It? (A booklet informing teens and parents about the cost of dropping out and encouraging them to discuss the issue.) Employment and Immigration Canada, Ottawa, 1992. Cat. No. Y-091/4/92.

Do You Know What I've Always Wanted To Be? (A booklet that gives young people practical information on planning their career.) Employment and Immigration Canada, Ottawa, 1992. Cat. No. Y-105/7/92.

Borderline High. (Video – VHS format) (Borderline High is a 50-minute YTV special, hosted by pop star Alanis, portraying reasons for dropping out in a series of dramatizations and interviews with teens from across the country sharing their personal experience of dropping out. Originally aired on YTV June 11/92 and again August 23/92.) Employment and Immigration Canada, Ottawa, 1992. Cat. No. Y-106/6/92. Available in English only.

Street Cents. (Video-VHS format) "The high cost of dropping out," is a 28-minute episode, sponsored by the Minister of State for Youth, of the widely acclaimed CBC series Street Cents. The show explores some of the economic and social reasons for staying in school. The episode aired on March 7, 92 as part of CBC television's award-winning series Street Cents. Employment and Immigration Canada, Ottawa, 1992. Cat. No. Y-107/9/92. Available in English only.

Zoptions: Focusing on Your Future. (Using a video arcade setting, positive messages are presented about the future world of work and the need to complete one's education. Designed for young people exploring their career options, this innovative, 10-minute video promotes various aspects of the working world, e.g., trades for women, entrepreneurship, life-long learning and sound career planning.) Employment and Immigration Canada, Ottawa, 1989. Available in 3/4" VHS or BETA.

Zoptions Facilitator Handbook. (Companion piece for the video.) Employment and Immigration Canada, Ottawa, 1990, Cat. No. Y047E.

LEARNING OPPORTUNITIES

Econ and Me. (Five 15-minute student videos (VHS format) introducing children ages 7 to 10 to basic economic concepts. The Kit also includes two 25-minute Teacher Orientation videos as well as comprehensive Teacher's Guide.) Canadian Foundation for Economic Education, 2 St. Clair Avenue West, Suite 501, Toronto, Ontario M4V 1L5. Consortium members' price: $115; non-consortium members' price: $225.

Entrepreneurship: A Primer for Canadians. (A booklet for Canadian high school and post-secondary school students, available in English and French, which introduces them to entrepreneurship.) Canadian Foundation for Economic Education, 2 St. Clair Avenue West, Suite 501, Toronto, Ontario M4V 1L5, $4 ($3 each for orders of 10 or more copies).

Entrepreneurship for Canadians: The Spirit of Adventure. (Comprised of six half-hour videos (VHS format), an orientation video, and an accompanying user's guide. This series, designed for students at the high school, community college and university level, focuses on the formative stages of entrepreneurship education.) Canadian Foundation for Economic Education, 2 St. Clair Avenue West, Suite 501, Toronto, Ontario M4V 1L5, $250.

Export Canada: Opportunities and Challenges in the World Economy. (A booklet, available in English and French, designed to introduce Canadian students to Canada's role in the World Economy.) Canadian Foundation for Economic Education, 2 St. Clair Avenue West, Suite 501, Toronto, Ontario M4V 1L5, $4 ($3 each for orders of 10 or more copies).

Guide to Federal Sources of Financial Aid to Canadian Post-Secondary Students 1986-87. Secretary of State Canada, Ottawa, 1986. Cat. No. EDN-3-B/1987.

Introducing: The World, A Guide to Developing International and Global Awareness Programs, $25. Reford-McCandless International Institute and student and teacher participants, Toronto, 1985. Available from the Canadian Institute of International Affairs, Toronto.

Science Education in Canadian Schools, Background Study 52. Volumes I, II and III. Science Council of Canada, Ottawa, 1984.
Vol. I: Cat. No. SS21-1-52-1-1984E ($8);
Vol. II: Cat. No. SS21-1-52-2-1984E ($5.50);
Vol. III: Cat. No. SS21-1-52-3-1984E ($10.95).

Science for Every Student: Educating Canadians for Tomorrow's World. (Final report of a three-year study carried out in school systems across Canada, looking at Canadian science education and making recommendations for the future.) Report No. 36. Science Council of Canada, Ottawa, 1984.

HEALTH

Canadian Youth: Perspectives on Their Health. Statistics Canada, Ottawa, 1985, $16. Cat. No. 82-545E.

The Choice is Yours. (A pamphlet targeted at young Canadians, 16 to 24 years of age, attempting to inform them about the dangers of driving while impaired.) Health and Welfare Canada, Ottawa, 1988.

Dental Health – A Teacher's Guide K-12. Health and Welfare Canada, Ottawa, 1981, $4.95. Available only at Supply and Services Canada. Cat. No. H39-50-1981E.

Diary of a Teenage Smoker. (Video and facilitator's guide; for use with young women, ages 12 to 15; deals with young women and smoking.) Tobacco Programs Unit, Health and Welfare Canada, Ottawa, 1992.

...like it is... (Information for teens on sexuality and contraception.) Copyright Norma J. Pickering and Edward E. Johnston. Distributed by Health and Welfare Canada, Ottawa, 1983.

National AIDS Clearinghouse. Opened in 1987 to collect and distribute materials on HIV/AIDS, the National AIDS Clearinghouse of the Canadian Public Health Association has a collection of over 5,000 items from Canadian and international producers.

The Clearinghouse gives away posters, pamphlets and brochures and lends one-of-a-kind materials to interested agencies and individuals. The Clearinghouse processes 1,000 orders per month. Its video collection includes

more than 130 titles produced in Canada and elsewhere. Funding is provided by Health and Welfare Canada. Contact: National AIDS Clearinghouse, Canadian Public Health Association, 400-1565 Carling Avenue, Ottawa, Ontario, K1Z 8R1. Telephone: (613) 725-3769 Fax: (613) 725-9826.

National Health Research and Development Program Training Awards Guide 1991. (Describes requirements for M.Sc. or Ph.D. fellowships.) Health and Welfare Canada, Ottawa, 1991.

No Accident. (In this film about drinking and driving, Burt Robertson gently but powerfully contends that it was not simply one man who killed his son, but rather a society which condones drinking and driving as acceptable behaviour.) National Film Board of Canada, 150 Kent Street, 6th Floor, Ottawa, Ontario K1A 0M9, 12 min. 50 sec., 1986. Order No. 0186 096. Available in 16mm and video.

Really Me – For Parents/For Youth. (Straight talk about alcohol and other drug problems for young people and parents.) Health and Welfare Canada, Ottawa, 1987. Cat. No. 39-112/1987E.

Role Modelling: A Parent's Toughest Performance. (A humourously illustrated booklet designed to make parents of young people, 11 to 17 years of age, aware of their own attitudes and behaviour towards alcohol and other drugs, and the influence they have on their children's behaviour.) Health and Welfare Canada, Ottawa, 1990.

Straight Facts About Drugs and Drug Abuse. (A booklet that answers some of the more common questions about drugs and drug abuse, aimed at youths 11 to 17 years of age.) Health and Welfare Canada, Ottawa, 1990.

Student Life. (Publication in glossy magazine format presenting first-year university students with alternatives to overdrinking which do not necessarily lead to exclusion from the crowd.) Health and Welfare Canada, Ottawa, 1986. Cat. No. H39-97/1986.

Thin Dreams. (High school girls' feelings about their bodies and the obsession of being thin.) National Film Board of Canada, 150 Kent Street, Ottawa, Ontario K1A 0M9, 20 min., 1986. Order No. 0186 054. Available in 16mm and video.

12 Lousy Reasons for Riding with a Drinking Driver. (A pamphlet targeted at youths aged 16 to 24, offering information about the dangers of and alternatives to riding with a drinking driver.) Health and Welfare Canada, Ottawa, 1988.

FITNESS

Because They're Young: Active Living for Canadian Children and Youth – A Blueprint for Action. (A national plan for achieving the vision of Canadian Children and Youth Living Actively, this document is an important informational tool for professionals and volunteers involved in health, social services, education, sport and recreation.) Active Living Alliance for Children and Youth, 1600 James Naismith Drive, Suite 312, Gloucester, Ontario K1B 5N4, 1989.

Canadian Youth and Physical Activity. (A report looking at health practices and physical activity levels and choices of Canadians between the ages of 10 and 19. Recommendations directed at educators, community and promotion agencies, and researchers.) Canadian Fitness and Lifestyle Research Institute, 47 Clarence Street, Suite 200, Ottawa, Ontario K1N 9K1, $6.

Choices and Challenges – A Status Report on Youth Physical Activity Programs in Canada. (Highlights the information and insights compiled from two questionnaires distributed to more than 900 groups across Canada.) Canadian Council on Children and Youth, 55 Parkdale Avenue, 3rd Floor, Ottawa, Ontario K1Y 1E5, 1985, $2.75, $2 postage, plus GST.

"City of Kids" – Youth Rock Music Video. (Energetic new rock music video designed to appeal directly to Canada's four million less active youth – to get them up and moving to the fitness beat.) Canadian Council on Children and Youth, 55 Parkdale Avenue, 3rd Floor, Ottawa, Ontario K1Y 1E5, $20, $3 postage, plus GST. Available in 1/2" VHS or BETA. Comes complete with information on how to use.

Great Ideas. (Games and activities for youth, by youth.) Active Living Alliance for Children and Youth, 1600 James Naismith Drive, Suite 312, Gloucester, Ontario, K1B 5N4, 1990.

Marketing Fitness to Canadian Youth. (Aimed at those working with youth; provides tips on how to reach the youth market more effectively.) Canadian Council on Children and Youth, 55 Parkdale Avenue, 3rd Floor, Ottawa, Ontario K1Y 1E5, 1985, $5, $2 postage, plus GST.

Physical Fitness of Canadian Youth. (A report describing the physical fitness, body structure and composition of Canadian youth based on fitness testing of 7600 young people aged 7 to 19.) Canadian Fitness and Lifestyle Research Institute, 47 Clarence Street, Suite 200, Ottawa, Ontario K1N 9K1, $6.

Publications and Audio/Visual Resources List. (A complete list of resource materials pertaining to physical fitness). Active Living Alliance for Children and Youth – Office, 1600 James Naismith Drive, Room 312, Gloucester, Ontario K1B 5N4.

The Well-Being of Canadians: Highlights of the 1988 Campbell's Survey. (A report looking at physical activity levels and patterns, lifestyle habits, health status and psychological influences on the physical activity levels of Canadians, including youth aged 10-14 and 15-19.) Canadian Fitness and Lifestyle Research Institute, 47 Clarence Street, Suite 200, Ottawa, Ontario K1N 9K1, $25.

Where the Action Is! (Describes 28 innovative and successful programs for youth across Canada.) Canadian Council on Children and Youth, 55 Parkdale Avenue, 3rd Floor, Ottawa, Ontario K1Y 1E5, 1985, $4, $2 postage, plus GST.

SOCIETY, CULTURE AND THE LAW

A Gift for Kate. (Arthur, a 15-year-old boy who lives with his father, struggles to come to terms with his mother – a discharged mental patient who lives in a seedy rooming house.) National Film Board of Canada, 150 Kent Street, Ottawa, Ontario K1A 0M9, 27 min. 43 sec., 1986. Order No. 0186 002. Available in film and video.

The Canada Council Folder. The Canada Council, Ottawa, 1990.

Canadian Portraits. (This 1/2 hour video profiles the lives of six Canadians from different cultural and racial backgrounds. Designed for senior elementary and high school students, the film examines their feelings about being Canadian and looks at the contributions they make to Canadian society.) National Film Board of Canada, 150 Kent Street, Ottawa, Ontario K1A 0M9, 1989. Cat. No. 189142. Comes with a User's Guide.

Children of War. (An exchange between teenagers from war-torn countries and Canadian children.) National Film Board of Canada, 150 Kent Street, Ottawa, Ontario K1A 0M9, 1986. Cat. No. 186067.

Collection of Films on Family Violence. (A collection of films on child abuse and neglect, sexual abuse of children, wife assault and abuse of the elderly.) Distributed by the National Film Board of Canada, 150 Kent Street, Ottawa, Ontario K1A 0M9. A catalogue is available.

Do students pay income tax? (pamphlet). Revenue Canada, Ottawa, 1990.

Focus on Youth, a special issue of Language and Society. (Language and Society is a review on Canadian and international language issues published four times a year. This special issue contains winning entries in a fiction contest for youth built around the theme of living in a bilingual Canada. A videocassette based on the competition entries is also available.) Commissioner of Official Languages, 110 O'Connor Street, 13th Floor, Ottawa, Ontario K1A 0T8, No. 18, September 1986.

Getting Serious. (A video for teenagers about drinking and driving.) Justice Canada, 239 Wellington Street, Ottawa, Ontario K1A 0H8, 1988, 25 min. For information about where to get a copy of the video and the viewers' guide, contact the Department of Justice.

Grants to Artists. The Canada Council, Ottawa, 1991.

Hayley's Home Movie. (Twelve-year-old Hayley must struggle with the finality of parental separation when her father's new girlfriend abruptly enters her life.) National Film Board of Canada, 150 Kent Street, Ottawa, Ontario K1A 0M9, 23 min. 20 sec., 1987. Order No. 0187 017. Available in film and video.

It's Your Right – Student's Manual. (Discusses the *Canadian Charter of Rights and Freedoms* as it applies to students.) Available through the Publications Unit, Communications Branch, Secretary of State of Canada, Ottawa, 1988. Cat. No. HUR-59-E.

Left Out. (A realistic, heartwarming drama showing how 12-year-old Amy comes to cope with personal disappointments caused by her father's unemployment. Amy begins to see how her parents' love for her is in no way diminished by their financial situation.) National Film Board of Canada, 150 Kent Street, Ottawa, Ontario K1A 0M9, 24 min. 12 sec., 1985. Order No. 0185 113. Available in film and video.

One Step Away. (Eighteen-year-old Ron, the son of a single mom, seems to live a life that courts disaster. His is not an untypical story of tension, compassion and coming-of-age.) National Film Board of Canada, 150 Kent Street, Ottawa, Ontario K1A 0M9, 28 min. 52 sec., 1985. Order No. 0185 090. Available in film and video.

Out of a Job. (A timely drama exploring what happens to a young college graduate and his family when he loses his well-paid job and is forced to move back home.) National Film Board of Canada, 150 Kent Street, Ottawa, Ontario K1A 0M9, 28 min. 44 sec., 1986. Order No. 0186 055. Available in film and video.

Reach for the Sky – The Winners. (This booklet celebrates the efforts of the hundreds of students who entered the "Together We're Better" contest, contributing their ideas on how to eliminate racial discrimination. The entries of the 21 winners are featured.) Multiculturalism and Citizenship Canada, Secretary of State, 1990.

Trouble with the Law. (Through a series of simple improvisational skits and follow-up discussions, students from Dalhousie University demonstrate situations in which young people run into conflict with the law and the legal system. A lively, informative video designed for grades 7 to 9. Trouble with the Law highlights legal rights and responsibilities.) National Film Board of Canada, 150 Kent Street, Ottawa, Ontario K1A 0M9, 29 min. 30 sec., 1987. Order No. 111C 0187 061. Available in video only.

Under the Influence. (Two people accused of causing a fatal accident while they were driving under the influence of alcohol are followed from initial charges to final sentences. The breadth and complexity of the problem of drunk driving becomes excruciatingly clear.) National Film Board of Canada, 150 Kent Street, Ottawa, Ontario K1A 0M9, 49 min. 29 sec., 1986. Order No. 0186 087. Available in 16mm and video. One of the four films in the At the Wheel series on road safety.

The Winning Ideas Booklet. (It celebrates the efforts of the hundreds of students who entered the "Together We're Better" contest, contributing their ideas on how to eliminate racial discrimination. The entries of the 21 winners and various honourable mentions are featured. The booklet also includes ideas for follow-up actions.) Multiculturalism and Citizenship Canada, Secretary of State, 1991.

Beyond the Image. (A catalogue of films and videos about women, their perspectives and issues. It is designed to help secondary school teachers bring positive images of women into the classroom.) Distributed by the National Film Board of Canada, (NFB) 150 Kent Street, Ottawa, Ontario K1A 0M9, 1991. Films may be rented or purchased through the NFB. Filmstrips and slides may be purchased through McIntyre Educational Media, Rexdale, Ontario.

Youth Editions. (A series of publications about global issues and international development, specifically designed for young people, ages 4-20, and their educators.) Media-Sphere, Youth Editions, P.O. Box 1310, Postal Station B, Hull, Quebec.

Section 7

IMPORTANT ADDRESSES

SECTION 7: IMPORTANT ADDRESSES

The program descriptions in Sections 2 to 5 and the resources listed in Section 6 refer you to addresses of some federal offices. The addresses are listed on the following pages. For telephone numbers of other federal offices, look under, "Government of Canada" in the blue pages of your local telephone directory.

EMPLOYMENT AND IMMIGRATION CANADA

COSEP CO-ORDINATORS

Thomson Student Centre
Suite 2005
Memorial University
Elizabeth Avenue
St. John's, **Newfoundland**
A1C 5S7

Metropolitan Place
99 Wyse Road
P.O. Box 1350
Dartmouth, **Nova Scotia**
B2Y 4B9

85 Fitzroy Street
P.O. Box 8000
Charlottetown,
Prince Edward Island
C1A 8K1

615 Prospect Street West
P.O. Box 2600
Fredericton, **New Brunswick**
E3B 5V6

1441 St-Urbain Street
6th Floor
P.O. Box 7500, Station A
Montreal, **Quebec**
H3C 3L4

National Capital Region
P.O. Box 3450, Station D
Ottawa, **Ontario**
K1P 6P7

4900 Yonge Street, Suite 900
North York, **Ontario**
M2N 6A8

Canada Employment Centre
Section "B"
320 Donald Street
Winnipeg, **Manitoba**
R3C 3E6

2101 Scarth Street, Suite 802
Regina, **Saskatchewan**
S4P 2H9

Canada Place
9700 Jasper Avenue, Suite 1440
Edmonton, **Alberta**
T5J 4C1

1055 West Georgia Street,
8th Floor
P.O. Box 11145
Vancouver, **British Columbia**
V6E 2P8

Bag 1170
Yellowknife,
Northwest Territories
X1A 2R3

Federal Building, Room 101
Whitehorse, **Yukon**
Y1A 2B5

EMPLOYMENT AND IMMIGRATION CANADA

REGIONAL OFFICES

167 Kenmount Road
P.O. Box 12051
St. John's, **Newfoundland**
A1B 3Z4

Metropolitan Place
99 Wyse Road
P.O. Box 1350
Dartmouth, **Nova Scotia**
B2Y 4B9

85 Fitzroy Street
P.O. Box 8000
Charlottetown,
Prince Edward Island
C1A 8K1

615 Prospect Street West
P.O. Box 2600
Fredericton, **New Brunswick**
E3B 5V6

1441 St-Urbain Street
Montreal, **Quebec**
H2X 2M6

4900 Yonge Street, Suite 700
North York, **Ontario**
M2N 6A8

Paris Building
259 Portage Avenue, Suite 500
Winnipeg, **Manitoba**
R3B 3L4

Financial Building
2101 Scarth Street, Suite 400
Regina, **Saskatchewan**
S4P 2H9

Canada Place
9700 Jasper Avenue, Suite 1440
Edmonton, **Alberta**
T5J 4C1

Royal Centre
1055 West Georgia Street
P.O. Box 11145
Vancouver, **British Columbia**
V6E 2P8

Scotia Centre
5102 50th Avenue
Bag 1950
Yellowknife,
Northwest Territories
X1A 2R3

ENVIRONMENT CANADA

Canadian Parks Service
Atlantic Regional Office
Volunteer Co-ordinator
Historic Properties
Upper Water Street
Halifax, **Nova Scotia**
B3J 1S9
(902) 426-6217

Canadian Parks Service
Quebec Regional Office
Volunteer Co-ordinator
3 Buade Street
P.O. Box 6060
Quebec City, Quebec
G1R 4V7
(418) 648-7772

Canadian Parks Service
Ontario Regional Office
Volunteer Co-ordinator
111 Water Street East
Cornwall, Ontario
K6H 6S3
(613) 938-5794

Canadian Parks Service
Prairie and Northern Regional Office
Volunteer Co-ordinator
457 Main Street, 4th Floor
Winnipeg, Manitoba
R3B 3E8
(204) 983-2956

Canadian Parks Service
Western Regional Office
Volunteer Co-ordinator
220 Fourth Avenue S.E.,
Suite 586
P.O. Box 2989, Station M
Calgary, Alberta
T2P 3H8
(403) 292-4441

FEDERAL BUSINESS DEVELOPMENT BANK

Cogswell Tower, Suite 1400
P.O. Box 1656
Halifax, **Nova Scotia**
B3J 2Z7
(902) 426-7860
Fax (902) 426-9033

Place Victoria
800 Victoria Square, Suite 4600
P.O. Box 190
Montreal, **Quebec**
H4Z 1C8
(514) 283-3657
Quebec Region
toll-free: 1-800-361-2670
Fax (514) 283-5626

777 Bay Street, 29th Floor
Toronto, **Ontario**
M5G 2C8
(416) 973-1144
Ontario Region
toll-free: 1-800-387-0035
Fax (416) 973-0032

Prairie and Northern
Regional Office
155 Carlton Street, Suite 1200
Winnipeg, **Manitoba**
R3C 3H8
(204) 983-7811
Manitoba Region
toll-free: 1-800-542-3408
Fax (204) 983-8522
Saskatchewan Region*
toll-free: 1-800-667-7163
Alberta and Northwest
Territories Region*
toll-free: 1-800-661-3977

601 West Hastings Street,
Suite 700
Vancouver, **British Columbia**
V6B 5G9
(604) 666-7800
Fax (604) 666-5872
British Columbia Region
toll-free: 1-800-663-0433

2090a Second Avenue
Whitehorse, **Yukon**
Y1A 1B6
(403) 668-4030
Fax (403) 667-4058
Yukon Region
toll-free: 1-800-361-2126

HEALTH AND WELFARE CANADA

Newfoundland, Nova Scotia, New Brunswick, and Prince Edward Island
Health Promotion Directorate
Health Services and Promotion Branch
Duke Tower, Suite 1110
5251 Duke Street
Halifax, **Nova Scotia**
B3J 1P4
(902) 426-2700

Quebec
Health Promotion Directorate
Health Services and Promotion Branch
Guy Favreau Complex
East Tower, Suite 210
200 René-Lévesque Blvd. West
Montreal, **Quebec**
H2Z 1X4
(514) 283-1042

Ontario
Health Promotion Directorate
Health Services and Promotion Branch
2221 Yonge Street, Suite 605
Toronto, **Ontario**
M4S 2B4
(416) 973-6484

Manitoba, Saskatchewan, and Northwest Territories
Health Promotion Directorate
Health Services and Promotion Branch
213 Notre Dame Avenue,
Suite 603
Winnipeg, **Manitoba**
R3B 1N3
(204) 983-2554

* *The mailing address for these numbers is the Winnipeg office.*

British Columbia, Alberta, and Yukon Territory
Health Promotion Directorate
Health Services and Promotion Branch
750 Cambie Street, Suite 425
Vancouver, **British Columbia**
V6B 4V5
(604) 666-3100

INDUSTRY, SCIENCE AND TECHNOLOGY CANADA

ABORIGINAL ECONOMIC PROGRAMS

REGIONAL OFFICE LOCATIONS

Atlantic Canada
Central Guarantee Trust Tower
1801 Hollis Street, 4th Floor
P.O. Box 940, Station M
Halifax, **Nova Scotia**
B3J 2V9
(902) 426-2018

Quebec
P. O. Box 289
Suite 2604
Tour de la Bourse
800 Place Victoria
Montreal, **Quebec**
H4Z 1E8
(514) 283-1828

Ontario
1 Front Street West, 4th Floor
Toronto, **Ontario**
M5J 1A4
(416) 973-8800

Manitoba
330 Portage Avenue, 6th Floor
P.O. Box 3130
Winnipeg, Manitoba
R3C 4E6
(204) 983-7316

Saskatchewan
119-4th Avenue South,
Suite 401
Saskatoon, **Saskatchewan**
S7K 5X2
(306) 975-4329

Alberta
Canada Place
9700 Jasper Avenue, Suite 540
Edmonton, **Alberta**
T5J 4C3
(403) 495-2954

British Columbia
P.O. Box 11551
Suite 810
650 West Georgia Street
Vancouver, **British Columbia**
V6B 4N8
(604) 666-3871

Northwest Territories
Precambrian Building
P.O. Bag 6100
Yellowknife,
Northwest Territories
X1A 2R3
(403) 920-8569

PUBLIC SERVICE COMMISSION

Cormack Building, Suite 302
2 Steers Cove
St. John's, **Newfoundland**
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